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We reserve the right to make technical changes as appropriate. All units supplied as kit for self asssembly.

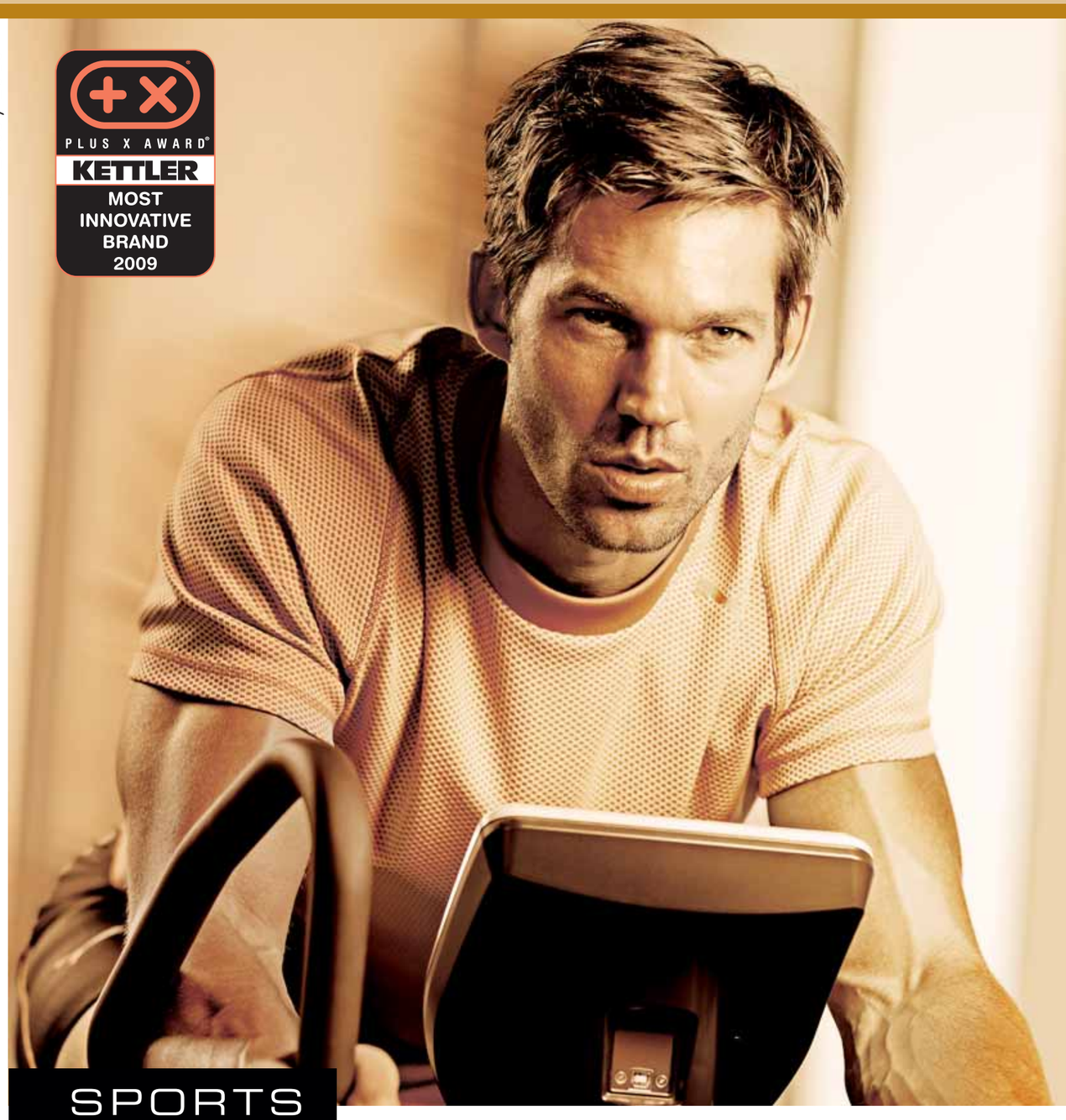
Art.-Nr. 07595-661
D+L/7/08/09

KETTLER

SPORTS 2009 / 2010

KETTLER

PLUS X AWARD®
KETTLER
MOST INNOVATIVE BRAND 2009



SPORTS

Program 2009/2010

Valid from 01.07.2009

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A Trendsetter Backed by Tradition

Innovative, modern yet with real tradition: that's how KETTLER home sports equipment can be described. Proof of this also comes from winning the MOST INNOVATIVE BRAND AWARD 2009 and the excellent results from the Stiftung Warentest reports.

KETTLER again and again sets new trends in technology, function and appearance without ever forgetting its "MADE IN GERMANY" roots !!! This enables KETTLER to maintain a high quality standard and develop its products rapidly and efficiently.

Technologies such as the induction braking system for ergometers, functions such as the EXT technology for a particularly flat step and the new exciting GOLF line design have turned the KETTLER family-run company into the home fitness market leader.

The family idea has again been taken up this season in the range of products. Colours and shapes, for instance, have been matched to each other. They make it possible for you to create your own private fitness studio with that uniform look.

Come and also experience the KETTLER world! KETTLER - a trendsetter backed by tradition.

Home exercise - investment in your health

There is no question that doing something for your health means investing both time and money. However, there is any hardly anything else in life where making investments like these pay off to the extent that they do here, as you are constantly rewarded withan improved level of health, well-being and a better quality of life - attributes that really are priceless and make every minute of effort worth their while.

However, our daily routines don't just require us to be on the move regularly and systematically they also demand maximum flexibility. It doesn't matter whether it's work, children, meeting friends or even the weather - there are many excuses for avoiding our daily dose of exercise, unless we have an effective exercise device at home, ready for use at any time. This is why home exercise equipment - treadmills, ergometers, cross trainers or multi-purpose power training devices - are perfect for fulfilling your exercise needs at any time of the day. Early in the morning, in the middle of the afternoon or late at night? Doesn't matter - your own personal fitness studio is always open. And the best thing about it - there's no monthly fee to pay. An investment in fitness equipment often pays off after just a few months, compared to the often high membership fees for gyms.

KETTLER Home Exercise Equipment - quality first and foremost

KETTLER evaluates the quality of their own exercise equipment using three fundamental criteria - perfect and solid engineering, the latest electronic hard-ware, software and compatibility features and optimal ergonomic movement.

Engineering

The mechanical components used affect the stability, service life and operating characteristics of an exercise device. KETTLER engineers make use of special bearing and drive technology for each model, adapted to specific requirements and to each target

group. For example, high quality precision bearings are used for circular and rotation joints in cross trainers so as to ensure optimal operation during training.

Made in Germany

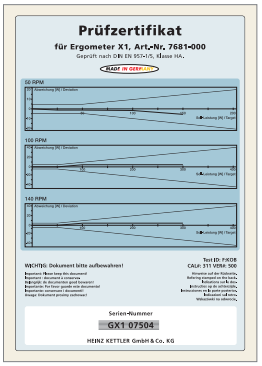
Electronic by SIEMENS

POLAR LISTEN TO YOUR BODY

Herz- und Diabeteszentrum Nordrhein-Westfalen
Universitätsklinik der Ruhr-Universität Bochum

Electronics

Target-based training today would be unthinkable without the use of electronic devices such as training computers. What could years ago only be enjoyed by top competitive athletes is now available for any hobby athlete to use today for effective training management. Maximum precision, a wide variety of programmes, simple operation and easily readable displays - these are the standards that KETTLER and SIEMENS development engineers observe when developing their top-of-the-line training computers. Precise pulse measurement with appropriate evaluation ensures that the optimum level of exertion is placed on the cardiovascular system - to this end, KETTLER works closely with POLAR, the premier manufacturer of heart frequency measurement devices. The most important heart centre in Europe, located in Bad Oeynhausen, Germany, has been putting their faith in KETTLER ergometers for the rehabilitation of heart patients for years now.



This certificate shows the resultof the precision test carried outin the manufacturer's plant.

Ergonomics

Good fitness equipment is recognisable by its ability to guarantee as much natural movement as possible. The training position and mechanics play a fundamental role here. Home exercise devices need to be quickly and easily adjustable for different body sizes and physiques. This includes, for example, a low distance between the pedals on exercise bicycles as well as the EXT technology (EXTENDEDMOTION), height-adjustable handlebars and horizontal and vertical adjustability of the saddle on our cross trainers. This avoids exerting inappropriate stresses on the spinal column or joints. The latest findings in ergonomics from the fields of sport science and bio-mechanics are constantly being incorporated into the manufacture of KETTLER exercise equipment.

KETTLER home sports – with the award for:

Since 2004 the **PLUS X AWARDS®** have been awarded by a professional jury for excellent products in the categories of innovation, design, functionality, high quality, ergonomics and ecology. This year 14 KETTLER products have received the PLUS X AWARD® - more than awarded to any other company.

These are the winners in the fitness equipment category:

Crosstrainer **SATURA M, SATURA M EXT, SATURA P** and **SATURA P EXT**
> for HIGH QUALITY and DESIGN

Crosstrainer **SATURA E** and **SATURA E EXT**
> for HIGH QUALITY, DESIGN and FUNCTIONALITY

Strength stations **KINETIC F3, KINETIC F5** and **KINETIC F7**
> for HIGH QUALITY

Trainings software **WORLD TOURS** + **ERGORACE**
> for INNOVATION

PLUS X AWARD® achieved for: Innovation

PLUS X AWARD® achieved for: Design

PLUS X AWARD® achieved for: Ease of Use

PLUS X AWARD® achieved for: High Quality

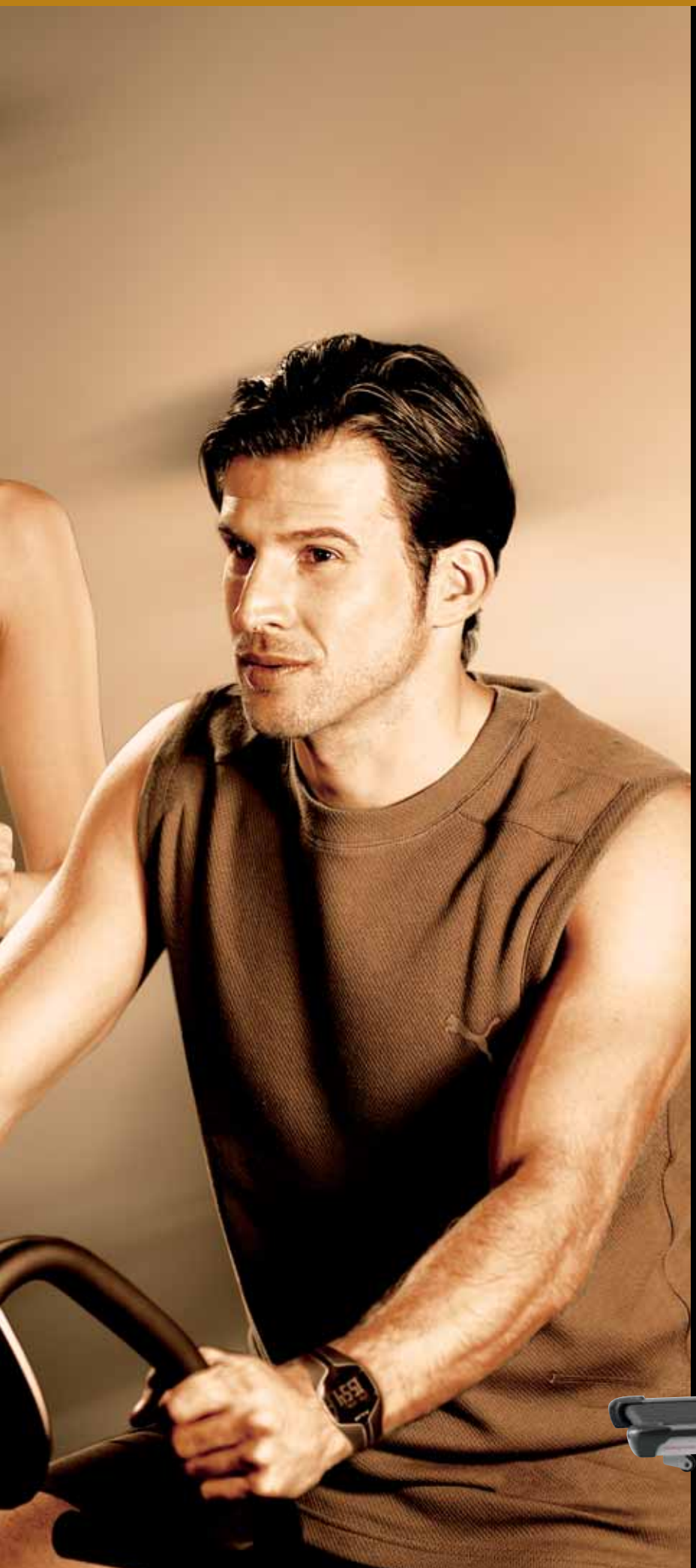
Fit with KETTLER

Equip your home gym with cardio + strength equipment in co-ordinating + elegant design!

Combine your training equipment from the ADVANTAGE introductory range and the demanding HKS-SELECTION in colour matching designs.

New colours, constantly developed technology, proven KETTLER quality and safety with the TÜV-GS symbol – KETTLER SPORTS.

Ergometer X3



PLUS X AWARD®
achieved for:
High Quality
Design
Ease of Use

SATURA E EXT

GOLF P ECO

MARATHON TX5

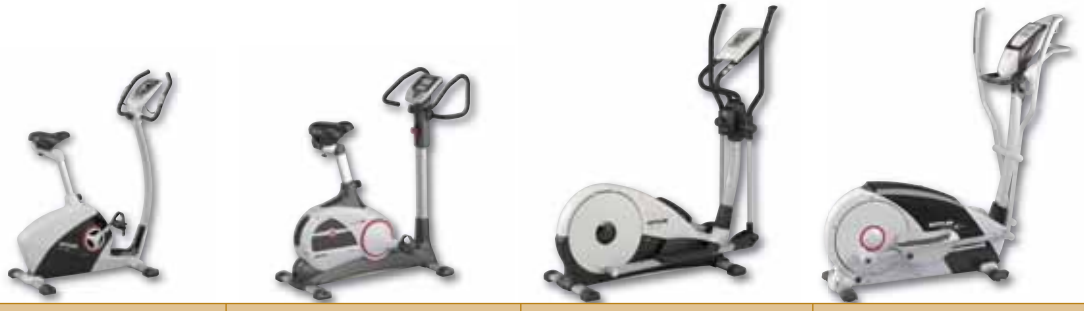
The optimal KETTLER machine to achieve your training targets.

The three elements of fitness, **stamina, strength** and **agility** are essential in preventing illness and promoting health and wellbeing.
After every exercising session, your body responds by adapting to the physical stress. Depending on the stress stimulus, the body's response may be very different. Strength and stamina exercising should therefore be directed towards achieving the aim of your training program.
To ensure that your program of exercise is correctly designed to achieve this aim, detailed scientific instructions are supplied with all KETTLER home exercising equipment.
The table is intended to assist you in selecting the equipment best designed to achieve your individual targets.

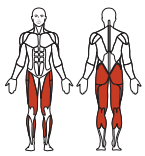
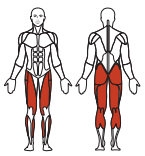
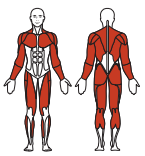
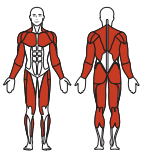
STAMINA

Stamina training an oxygen bath for the circulation system

Stamina training is a tonic for heart, lungs and vascular system. Regular and well planned training reduces the blood pressure and the pulse rate at rest and in movement. It also increases the capacity of the lungs and assists in the combustion of fats for providing energy. However, exercise is only beneficial to health when taken in moderation. The optimum amount of physical effort is controlled by means of the correct pulse rate which is a function of age and degreeof fitness.



Training target

	EXERCISE BIKES	ERGOMETERS	CROSS TRAINERS	CROSS TRAINER ERGOMETERS
General stamina (Cardio-Fitness)	++	++	++	++
Fat combustion / weight reduction	++	++	++	++
Systematic training of heart and circulation	++	++	++	++
Therapeutic training of heart and circulation	0	++	0	++
Strength and stamina	+	+	+	+
Muscle build-up	+	+	+	+
Exercising of problem areas	+	+	++	++
Full body exercising	0	0	++	++
Posture stabilisation	0	0	+	+
Improvement of movement and coordination	0	0	+	+
Principally exercised muscle groups				

++ = suitable + = tpartly suitable 0 = unsuitable

STRENGTH

Muscle training – moulds the figure and protects the spine.

Growth of the muscles is systematically stimulated. Your figure becomes more compact. You cansystematically improve your appearance as required. Your posture also becomes more upright-through strengthening of the torso muscles. The strain on the spine diminishes. Tendons, ligaments and bones are also strengthened. The best results are obtained through a program of exercise tailored to your own specific requirements.

AGILITY

Agility training – to prevent muscular tension and resulting injury.

Before beginning the exercising session, the body, i.e. the muscles must be prepared to cope with the stress. In this way, you reduce the danger of injury and increase the success of your workout. Regular stretching before and during exercise keeps the muscles supple. Before exercising, a 5 or 10-minute warm-up, e.g. on the Crosstrainer or Ergometer, is advisable.

STEPPER	TREAD MILLS	ROWING MACHINES	POWER EXERCISING UNITS	EXERCISING AND WEIGHT BENCHES
++	++	++	0	0
++	++	++	0	0
+	++	++	0	0
0	++	0	0	0
+	+	++	++	++
+	0	+	++	++
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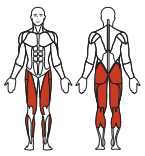
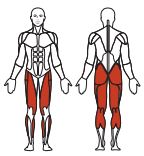
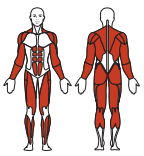
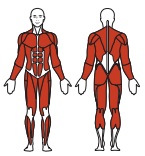
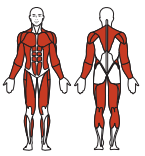
+	++	++	+	++
				

Regarding suitability of training equipment in case of any health restrictions

GOLF.
Energy-charged.
Sportingly attractive.
Quality Made in Germany.

Experience the evolution of a success story in a new attractive design coupled with exceptional technology and a particularly convenient low mounting point. The new classic exercise bike is rounded off with the ergonomically optimized saddle, 3D flexform handlebars and large transport rollers. In exercising, your fitness data can be optimally read at all times thanks to the particularly large displayequipped computer, backlighting and the additionally inclinable cockpit.

Large displays, backlighting and inclinable cockpits ensure that everything can be optimally read whatever your height.

Comfortable 2-zone ergonomic saddle for that optimum seating position when training.

New bonnet design with a particularly low and wide mounting point and new centre-of-gravity strap pedals.

Technical features with RACE: moving is made easy with the integrated casters.

The new GOLF generation

GIRO M

07627-000

The way to start into the KETTLER world. The GIRO M exercise bike features a speed-governed magnetic braking system with an 8-level resistance adjuster, a 6kg balance mass, hand pulse sensors integrated into the hand grips and an easy-to-operate training computer with 6-function permanent display. Come and also experience the "benefits" of the new KETTLER Advantage Line!

NEW

Training computer:		Technical data:	
	• LCD-Display	Flywheel mass: approx. 6 kg	• Magnetic brake system
	• Target settings	Transmission ratio: 1:8	• TÜV GS
	• Continuous display of 6 Functions	Power supply: Batteries	• DIN EN 957-1/5, class HB
	• Alarm when exceeding pulse limit	Maximum load: 110 kg	
	• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 86 / 59 / 142	
		Colour: light grey / black	

GIRO P

07628-000

GIRO M's big brother with speed-governed, motor-controlled magnetic braking system. The "benefits" of this exercise bike are its 16-level resistance adjuster, 9 kg balance mass and the blue backlit training computer with 12 programmes and a 4-person memory. Your pulse is taken by the hand pulse sensors integrated in the handlebars. Come and also experience the "benefits" of the new KETTLER Advantage Line!

NEW

Training computer:		Technical data:	
	• LCD-Display, blue back-lit	Flywheel mass: approx. 9 kg	• Magnetic brake system
	• Target settings	Transmission ratio: 1:8	• TÜV GS
	• Continuous display of 7 functions	Power supply: Power connection	• DIN EN 957-1/5, class HB
	• 12 Programs, incl. pulse-controlled program	Maximum load: 130 kg	
	• 4-User memory	Size when set up (L/W/H in cm): 94 / 59 / 142	
	• Recovery-pulse measurement with fitness mark	Colour: light grey / black	

POLO M

Made in Germany

07960-800

The new, dark high-gloss paint coating in black with light grey elements and the cockpit with the jumbo LCD display give the POLO M a particularly sports-like and modern look. The low-point mounting, rearrangeable hand pulse sensors and 7 kg balance mass ensure that those exercising of whatever age obtain regular, health-oriented endurance training.

NEW

Training computer:	Technical data:	
• Jumbo LCD display	Flywheel mass: approx. 7 kg	• Magnetic brake system
• Target settings	Transmission ratio: 1:8	• TÜV GS
• Continuous display of 2 functions	Power supply: Batteries	• DIN EN 957-1/5, class HB
• Scan mode showing 6 functions	Maximum load: 130 kg	
• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 105/53/128	
and Memory function	Colour: black / light grey	

GOLF M

Made in Germany

07661-600

The latest generation of the best-known exercise bike in Germany in a fresh appealing design. Under the bonnet the GOLF catches the eye with its speed-governed braking system including a servo-braking force adjuster. The training computer with a 2-person memory, permanent display and last-memory indicator guarantees an optimum workout. This classic model is rounded off with a particularly wide and low mounting position and snap-closure equipped centre-of-gravity strap pedals.

New gravity pedals with straps

NEW

Training computer:		Technical data:	
	• LCD-Display	Flywheel mass: approx. 7 kg	• Magnetic Brake System
	• Target settings	Transmission ratio: 1:8	• TÜV GS
	• Continuous display of 10 Functions	Power supply: Batteries	• DIN EN 957-1/5, class HB
	• 2-User memory	Maximum load: 150 kg	
	• Last person memory	Size when set up (L/W/H in cm): 110/53/135	
	• Recovery-pulse measurement with fitness mark	Colour: light grey	

GOLF P

Made in Germany

07663-000

The new GOLF with computer-controlled braking system and sporty, backlit twin display! The motor-controlled magnetic braking system regulates the 15-level braking resistance. Exercise yourself fit with 8 training programmes incl. pulse-controlled exercising and pulse requirements for both fitness and fat burning training. The workout could not be any better for both the young and not-so-young thanks to a particularly wide and low mounting point, the 2-zone ergonomic saddle, rearrangeable hand pulse sensors, 3D flexform handlebars and inclinable cockpit!

High-quality and attractive surfaces

Horizontal and vertical seat adjustment.

NEW

Training computer:		Technical data:	
	• Twin-Display, blue back-lit	Flywheel mass: approx. 9 kg	• Magnetic brake system
	• Target settings	Transmission ratio: 1:8	• TÜV GS
	• Continuous display of 8 Functions	Power supply: Power connection	• DIN EN 957-1/5, class HB
	• 8 Programs, incl. pulse-controlled program	Maximum load: 150 kg	
	• 6 freely adjustable profiles	Size when set up (L/W/H in cm): 110/53/135	
	• Recovery-pulse measurement with fitness mark	Colour: black	

GOLF P ECO

Made in Germany

07663-600

The interplay of technology and the environment is reflected in the GOLF P ECO. Motor adjustable magnetic braking system, heart/rate/light computer and generator keep the exerciser mains supply-free. Just as with the GOLF P, the P ECO provides 8 training programmes incl. pulse-controlled exercising and pulse requirements for both fitness and fat burning training. This exceptional premium-class exerciser includes a particularly wide and low mounting point, 2-zone ergonomic saddle, rearrangeable hand pulse sensors, 3D flexform handlebars, inclinable cockpit and the new centre-of-gravity strap pedals!

The HeartRateLight glows green when you havereached the best pulse rate for exercising. The red light warns you when you exceed it.

Inclination of cockpit adjustable for optimum legibility

Horizontal and verticalseat adjustment

NEW

Training computer:		Technical data:	
	• Twin-Display with HeartRateLight	Flywheel mass: approx. 9 kg	• Magnetic brake system
	• Target settings	Transmission ratio: 1:8	• TÜV GS
	• Continuous display of 8 functions	Power supply: with generator	• DIN EN 957-1/5, class HB
	• 8 Programs, incl. pulse-controlled program	Maximum load: 150 kg	
	• 6 freely adjustable profiles	Size when set up (L/W/H in cm): 110/53/135	
	• Recovery-pulse measurement with fitness mark	Colour: light grey / black	

RACE

Made in Germany

07938-180

RACE is the latest synthesis of outdoor racing cycle and indoor cycling machine, developed on the basis of the latest biomechanical research for people who take their cycling seriously. The computer, with its attractive speedometer design, keeps you informed of all the parameters needed for your training routine. Power magnets provide the right pedalling resistance and the Kombi-Click pedals with SPD system keep you secure and steady in the saddle. The new frame geometry and the innovative multi-position handlebars guarantee perfect training in the athletic triathlon or more relaxed touring position.

Horizontally and vertically adjustable handlebar and cockpit unit.

Combi-click pedals for racing shoes with SPD click system or normal sports shoes.

Horizontal and vertical seat adjustment.

Training computer:		Technical data:	
	• Round-LCD-Display	Flywheel mass: approx. 18 kg	• Magnetic brake system
	• Target settings	Transmission ratio: 1:7,75	• TÜV GS
	• Continuous display of 8 Functions	Power supply: Batteries	• DIN EN 957-1/5, class HB
	• Average values at end of training session	Maximum load: 130 kg	
	• Recovery-pulse measurement with fitness	Size when set up (L/W/H in cm): 131/53/126	
	mark	Colour: light grey / black / red	

MONTANA

Made in Germany

07877-000

With the MONTANA, your general fitness will take a step in the right direction. The stepper improves the heart function and circulation system while strengthening the leg and bottom muscles. The ergonomically shaped grip bar allows safe exercising in a number of different positions. The degree of resistance can be set as required on the hydraulic cylinders.
The training computer has 6 different functions and possible settings and indicates all the data you need for general exercising.

Training computer:	Technical data:	
• LCD-Display	Maximum load: 110 kg	
• Steps per training session	Size when set up (L/W/H in cm): 90/80/155	
• Energy consumption	Colour: silver / anthracite / red	
• Treading speed		
• Recovery-pulse measurement with fitness mark		
• Target settings		

ALL THE MODELS AT A GLANCE

ADVANTAGE

		GIRO M 07627-000	GIRO P 07628-000	POLO M 07960-800
TRAINING COMPUTER	Measurement of time, distance covered per session, total distance covered, speed, pedalling speed	•	•	•
	Energy consumption	•	•	•
	Pulse measurement POLAR compatible, pulse receiver integrated	Hand sensors incl.	Hand sensors incl.	Hand sensors incl. Ear clip and CARDIO-PULS-SET optional
	Upper pulse-rate limit	Visual alarm	Visual alarm	Visual alarm
	Average values at end of training session			
	Recovery-pulse measurement with fitness mark	•	•	•
	Target settings	•	•	•
	Continuous display of	6 functions (automatic display switch selectable)	7 functions (Incl. performance profile)	2 functions (automatic display switch selectable)
	No. of training programs		12	
	Target-zone training (FAT/FIT/MANUAL)		•	•
	Pulse-controlled program		1	
	Freely adjustable profiles		4	
	Manual strain control	•	•	•
	Sweat resistant keypad	•	•	•
TECHNICAL DATA	Brake system	Magnetic	Magnetic (motor controlled)	Magnetic
	Drive system	Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt
	Transmission ratio	1 : 8	1 : 8	1 : 8
	Flywheel mass system	6 kg	9 kg	7 kg
	Strain control	dependent on rpm	dependent on rpm	dependent on rpm
	Strain range	1-8 (manual)	1-16 (computer controlled)	1-10 (manual)
	Power supply	Batteries	Power connection (230 Volt)	Batteries
	DIN-EN class	DIN EN 957-1/5, class HB	DIN EN 957-1/5, class HB	DIN EN 957-1/5, class HB
	Size when set up (L/W/H in cm)	86 / 59 / 142	94 / 59 / 142	105 / 53 / 128
	Distance between lower pedal and saddle min./max. in cm (approx.)	68 - 94	72 - 95	73 - 100
	Maximum load	110 kg	130 kg	130 kg
FEATURES	Quick adjustment of seat height	•	•	•
	Horizontal adjustment of seat		•	
	Handlebars	Adjustable in angle	Adjustable in angle	Adjustable in angle
	Low mounting height			•
	Self-uprighting pedals with strap	•	•	•
	Castors / height adjuster	•	•	•
	Colour	light grey / black	light grey / black	black / light grey

HKS-SELECTION

GOLF M 07661-600	GOLF P 07663-000	GOLF P ECO 07663-600	RACE 07938-180
•	•	•	•
• (depent on brake setting)	•	• (depent on brake setting)	• (depent on brake setting)
Hand sensors incl. Ear clip and CARDIO-PULS-SET optional	Hand sensors incl. Ear clip and CARDIO-PULS-SET optional	Hand sensors incl. Ear clip and CARDIO-PULS-SET optional	Ear clip incl. CARDIO-PULS-SET optional
Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm
	•	•	•
•	•	•	•
•	•	•	•
10 functions (incl. rpm diagram)	8 functions (incl. rpm diagram; automatic display switch selectable)	8 functions (incl. rpm diagram; automatic display switch selectable)	8 functions (incl. rpm diagram)
	8	8	
•	•	•	•
	1	1	
	6	6	
•	•	•	•
•	•	•	•
Magnetic	Magnetic (motor controlled)	Magnetic (motor controlled)	Magnetic
Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt
1 : 8	1 : 8	1 : 8	1 : 7,75
7 kg	9 kg	9 kg	18 kg
dependent on rpm	dependent on rpm	dependent on rpm	dependent on rpm
1-10 (manual)	1-15 (computer controlled)	1-15 (computer controlled)	1-10 (manual)
Batteries	Power connection (230 Volt)	Generator	Batteries
DIN EN 957-1/5, class HB	DIN EN 957-1/5, class HB	DIN EN 957-1/5, class HB	DIN EN 957-1/5, class HB
110 / 53 / 135	110 / 53 / 135	110 / 53 / 135	131 / 53 / 126
73 - 100	73 - 100	73 - 100	79 - 98
150 kg	150 kg	150 kg	130 kg
•	•	•	•
•	•	•	•
Adjustable in angle	Adjustable in angle	Adjustable in angle	Multi-position handlebars adjustable in height and distance
•	•	•	
•	•	•	Combi-click pedals
•	•	•	•
light grey	black	light grey / black	light grey / black / red

Precision for one's Health.

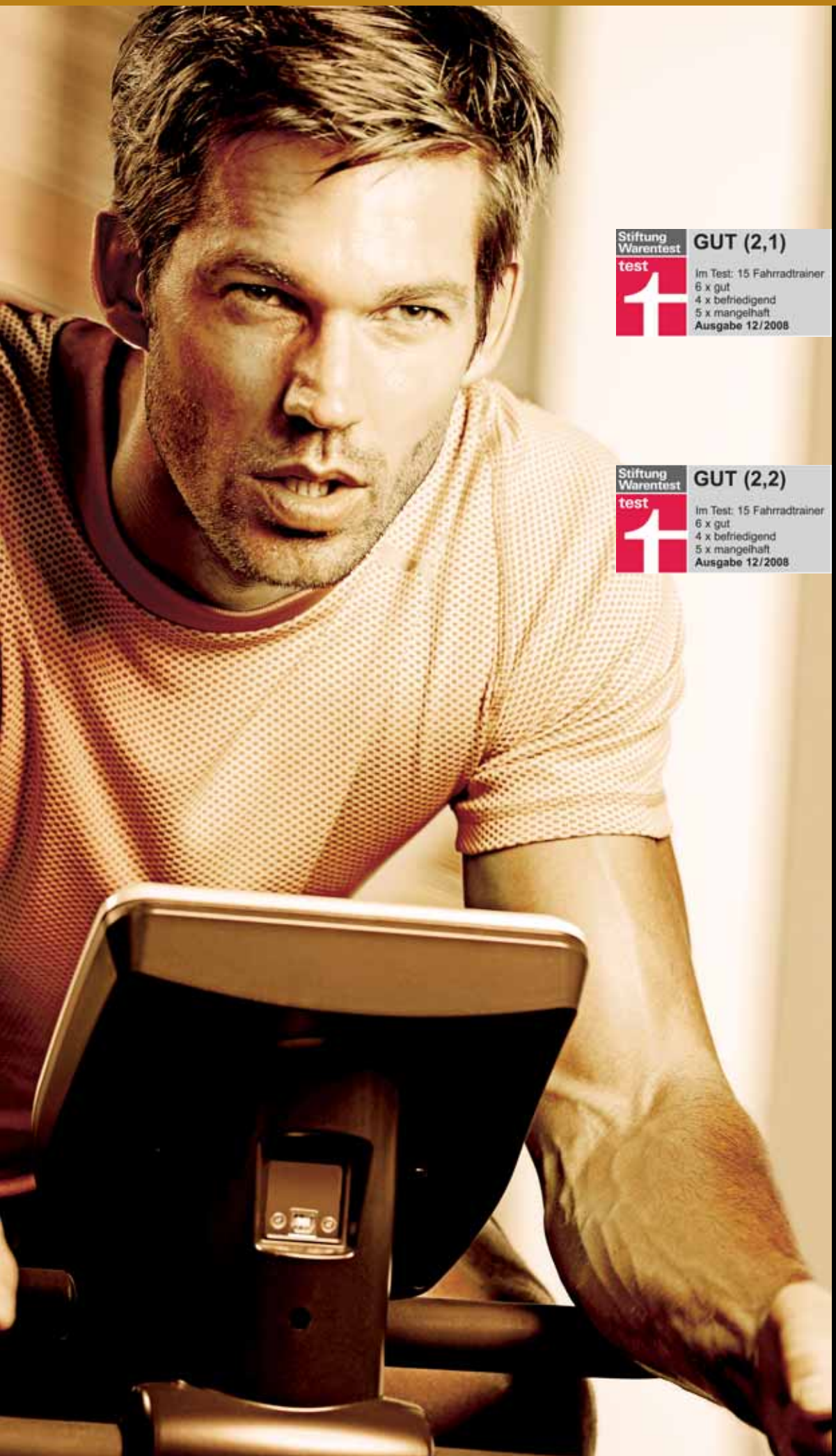
Up-to-date design for ultra top-grade induction braking systems and technology. KETTLER's e-SYS ergometer gives you the assurance of exercising properly. After all, e-SYS stands for maximum precision from a perfect coordination of mechanics, electronics and ergonomics.

The handlebar adjuster allows for variations in one's exercising posture. The height-adjustable multi-position handlebars allowing for the various postures of those up to 200 cms in height is unbeatable.

The high backrest of a recumbent is especially suitable for those with back complaints. The supported sitting position is also an optimum one for the elderly.

Fully electronic induction braking system: high-tech for an exact control of one's performance

ERGORACE's horizontally and vertically adjustable handlebar/cockpit ensemble



Stiftung Warentest
test

GUT (2,1)

Im Test: 15 Fahrradtrainer
6 x gut
4 x befriedigend
5 x mangelhaft
Ausgabe 12/2008

Stiftung Warentest
test

GUT (2,2)

Im Test: 15 Fahrradtrainer
6 x gut
4 x befriedigend
5 x mangelhaft
Ausgabe 12/2008

ERGOMETER EX3

Made in Germany

07680-000

The compact EX 3 ergometer is distinctive for its high degree of functionality and its high-quality KETTLER technology. The high accuracy of the performance control is documented in an individual test certificate issued for each machine. The induction-brake system works independently of speed. Highly effective training is possible with the aid of the pulse-controlled training program and the manual wattage-based load control.

NEW

Training computer:	Technical data:	
	• LCD Display	Flywheel mass: approx. 8 kg • Induction brake system
	• 2 Programs	Transmission ratio: 1:8 • RS 232-interface
	• Setting of pulse range for fat burning and fitness zone	Performance: 25-400 W • TÜV GS
		Maximum load: 130 kg • DIN EN 957-1/5, class HA
	• HRC-Program	Size when set up (L/W/H in cm): 105/53/128
	• Manual strain control	Colour: light grey / black / red

ERGOMETER X1

Made in Germany

07681-500

The ergometer X1 has an attractive design combined with variable seat and handlebar positions which guarantee years of comfortable and effective exercising. The training computer with LCD display shows all the most important exercising data and has a pulse-controlled program with special settings for fat combustion and stamina training.

Electronic induction-brake system: high tech for exact performance control.

Training computer:		Technical data:	
	• LCD-Display	Flywheel mass: approx. 8 kg	• Induction brake system
	• 2 Programs	Transmission ratio: 1:8	• USB
	• Setting of pulse range for fat burning and	Performance: 25-400 W	• e-SYS
	fitness zone	Maximum load: 130 kg	• TÜV GS
	• HRC-Program	Size when set up (L/W/H in cm): 100/53/128	• DIN EN 957-1/5, class HA
	• Manual strain control	Colour: light grey / black / red	

ERGOMETER X3

Made in Germany

07683-500

Stiftung Warentest
test
GUT (2,1)
Im Test: 15 Fahrradtrainer
6 x gut
4 x befriedigend
5 x mangelhaft
Ausgabe 12/2008

Do you want to lose weight or improve the efficiency of heart and circulation? You set your pulse range with reference to your training target and performance level. Eight wattage and pulse-rate controlled programs offer you a highly varied program of exercise. The display improves the visibility of the data shown, while the integrated computer interface allows you to use the high-performance TOUR CONCEPT 1.0 training program.

Training computer:

- Back-lit LCD
- Resistance diagramm
- 8 programs
- Setting of pulse range for fat burning and fitness zone
- Manual strain control

Technical data:

Flywheel mass: approx. 8 kg
Transmission ratio: 1:8
Performance: 25-400 W
Maximum load: 130 kg
Size when set up (L/W/H in cm): 100/53/128
Colour: light grey / black / red

- Induction brake system
- USB interface
- e-SYS
- TÜV GS
- DIN EN 957-1/5, class HA

ERGOMETER X5

Made in Germany

07685-500

Improve your stamina and reduce you body-fat ratio! Get fit with scientifically based training programs which are wattage and pulse-rate controlled. The back-lit easily legible computer, the sturdy frame design with low mounting height, the horizontally and vertically adjustable gel saddle as well as the numerous grip variations on the handlebars make the X5 an outstandingly comfortable ergometer.

Electronic induction-brake system: high tech for exact performance control.

Training computer:		Technical data:	
	• Back-lit LCD	Flywheel mass: approx. 10 kg	• Induction brake system
	• Resistance diagramm	Transmission ratio: 1:8	• USB interface
	• 8 programs	Performance: 25-400 W	• e-SYS
	• Setting of pulse range for fat burning and fitness zone	Maximum load: 150 kg	• TÜV GS
		Size when set up (L/W/H in cm): 115/53/130	• DIN EN 957-1/5, class HA
	• Manual strain control	Colour: light grey / black / red	

ERGOMETER X7

Made in Germany

07687-500

Fulfil your high standards with the X7 ergometer. Control and monitor your exercising routine with the menu operated user interface EASY-COM and the modern VGA-LCD display electronics with USB computer interface. With its memory for four different users, its wide choice of pre-set and variable strain profiles and its adjustable multi-position handlebars, the X7 is a high quality cycle to suit the entire family.

Easily adjustable handlebar and cockpit unit.

Adjustable handlebar and cockpit unit.

Electronic induction-brake system: high tech for exact performance control.

Training computer:	Technical data:	
• Back-lit VGA-/LCD-combined	Flywheel mass: approx. 10 kg	• Induction brake system
• 48 programs	Transmission ratio: 1:8	• USB interface
• 5 pulse-controlled programs	Performance: 25-400 W	• e-SYS
• Setting of pulse range for fat burning and fitness zone	Maximum load: 150 kg	• TÜV GS
	Size when set up (L/W/H in cm): 115/53/133	• DIN EN 957-1/5, class HA
• 4-User memory	Colour: light grey / black / red	

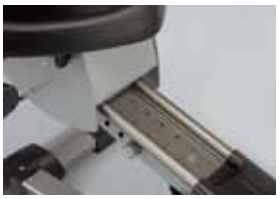
ERGOMETER RX7

Made in Germany

07686-500

Take your seat! The Ergometer RX 7 has a comfortable seat and a high back rest to relieve strain on the spine during exercising. The design of the control panel with its handlebars and quick adjustment of seat position allow you to take a healthy exercising position and mount and dismount in complete safety. The modern electronics are operated by a simple menu system and clearly display all the information you need for healthy and beneficial exercise.

Grip with integrated adjustment of sitting position



Graduated seat rail for optimal seat position

Electronic induction-brake system: high tech for exact performance control.

Book and magazine holder

Stiftung Warentest test

GUT (2,2)

Im Test: 15 Fahrradtrainer
6 x gut
4 x befriedigend
5 x mangelhaft
Ausgabe 12/2008

Training computer:		Technical data:	
	• Back-lit VGA-/LCD-combined	Flywheel mass: approx. 10 kg	• Induction brake system
	• 48 partly editable programs	Transmission ratio: 1:8	• USB interface
	• 5 pulse-controlled programs	Performance: 25-400 W	• e-SYS
	• Setting of pulse range for fat burning and fitness zone	Maximum load: 150 kg	• TÜV GS
		Size when set up (L/W/H in cm): 150/61/105	• DIN EN 957-1/5, class HA
	• 4-User memory	Colour: light grey / black / red	

ERGORACE

Made in Germany

07988-880

ERGORACE is the latest synthesis of outdoor racing cycle and ergometer, developed for demanding cyclists and athletes on the basis of the latest biomechanical research. The computer with the 1/4-VGA graphics screen fulfils the highest standards with its variable programs and PC interface for connection to the TOUR CONCEPT 1.0. training software. The high-performance induction brake system provides a maximum pedalling resistance of 25 - 600 W independently of speed, and up to 1000 W when dependent on speed, while the Kombi-Click pedals with SPD system guarantee a steady exercising position. The new frame geometry and the innovative multi-position handlebars provide the right posture for professional triathletes as well as leisure cyclists.

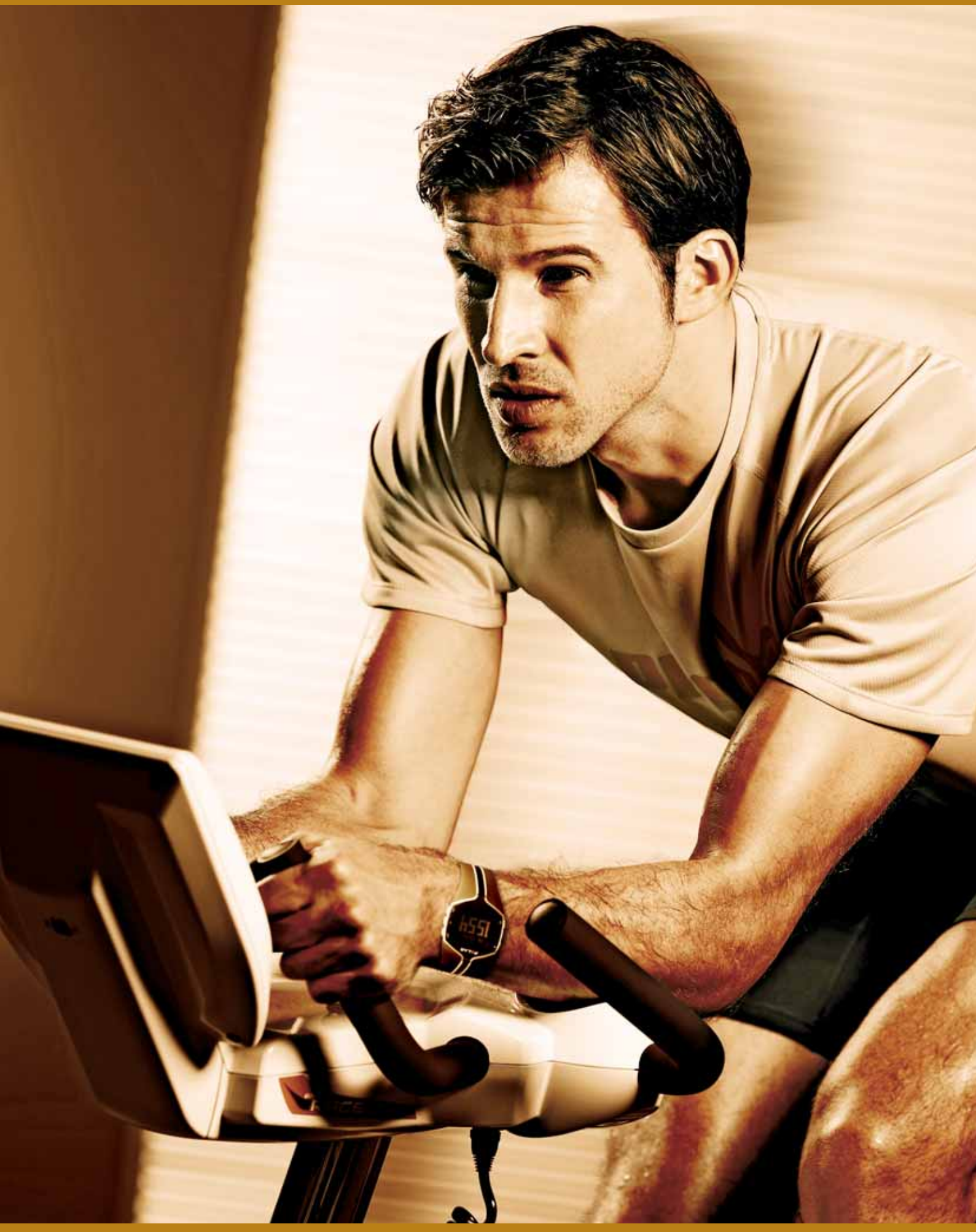
Innovative multi-position handlebars

Horizontally and vertically adjustable handlebar and cockpit unit

Combi-click pedals for racing shoes with SPD click system or normal sports shoes.

The ERGORACE can be transported comfortably and safely

Training computer:	Technical data:	
• Back-lit VGA-LCD-combined	Flywheel mass: approx. 18 kg	• Induction brake system
• 48 partly editable programs	Transmission ratio: 1:7,75	• USB interface
• 5 pulse-controlled programs	Performance: 25-600 W	• e-SYS
• User guide	Maximum load: 130 kg	• TÜV GS
• 4-User memory	Size when set up (L/W/H in cm): 131/53/126	• DIN EN 957-1/5, class HA
• Manual strain control	Colour: light grey / black / red	



ALL THE MODELS AT A GLANCE

		Ergometer EX3 07680-000	Ergometer X1 07681-500	Ergometer X3 07683-500
TRAINING COMPUTER	Performance in Watts, measurement of time, distance covered per session, total distance covered, speed, pedalling speed, energy consumption	•	•	•
	Pulse measurement	Ear clip incl./CARDIO-PULS-SET (extra)	Ear clip, chest strap (extra)	Ear clip, chest strap (extra)
	POLAR compatible, pulse receiver (5 kHz) integrated		•	•
	Upper pulse-rate limit	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm
	Average values at end of training session	•	•	•
	Recovery-pulse measurement with fitness mark	•	•	•
	Target settings	•	•	•
	Display	LCD	LCD	Back-lit LCD
	Graphic display	Percentage	Percentage	Strain profile
	No. of training programs	2	2	8
	Target-zone training (FAT/FIT/MANUAL)	•	•	•
	Freely set profiles			6
	Pulse-controlled program	1	1	1
	individual programs pulse-/Watt-controlled			
	Count-up/count-down function	•	•	•
	Warm-up/cool-down function			
	BMI			
	Manual control	•	•	•
	Sweat resistant keypad	•	•	•
	User memory			
	PC interface	RS 232	RS 232	USB
TECHNICAL DATA	Brake system	Induction	Induction	Induction
	Drive system	Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt
	Transmission ratio	1:8	1:8	1:8
	Flywheel mass	8 kg	8 kg	8 kg
	Performance control	independent of rpm	independent of rpm	independent of rpm
	Performance range	25 - 400 Watt (in 5-Watt-Steps)	25 - 400 Watt (in 5-Watt-Steps)	25 - 400 Watt (in 5-Watt-Steps)
	Power connection (230 Volt)	•	•	•
	DIN EN- class	DIN EN 957-1/5, class HA	DIN EN 957-1/5, class HA	DIN EN 957-1/5, class HA
	Size when set up (L / W / H in cm)	105 / 53 / 128	100/53/128	100/53/128
	Distance between lower pedal and saddle min. /max. in cm	73 - 100	73 - 100	73 - 100
	Maximum load	130 kg	130 kg	130 kg
FEATURES	Quick adjustment of seat height	•	•	•
	Horizontal adjustment of seat	•	•	•
	Ergonomic seat unit	•	•	•
	Handlebars	Adjustable in angle	Adjustable in angle	Adjustable in angle
	Low mounting height			
	Self-uprighting pedals with strap	•	•	•
	Castors / height adjuster	•	•	•
	Colour	light grey / black / red	light grey / black / red	light grey / black / red

HKS-SELECTION

Ergometer X5 07685-500	Ergometer X7 07687-500	Ergometer RX7 07686-500	ERGORACE 07988-880
•	•	•	•
Ear clip, chest strap (extra)	Ear clip, chest strap (included)	Ear clip, chest strap (included)	Ear clip, chest strap (included)
•	•	•	•
Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm
•	•	•	•
•	•	•	•
•	•	•	•
Back-lit LCD	Back-lit VGA-LCD-Combi	Back-lit VGA-LCD-Kombi	Back-lit VGA-LCD-Combi
Strain profile	Strain profile	Strain profile	Strain profile
8	48	48	48
•	•	•	•
6	10	10	10
1	5	5	5
	12 / 20	12 / 20	12 / 20
•	•	•	•
	•	•	•
	•	•	•
•	•	•	•
•	•	•	•
	4 + Guest	4 + Guest	4 + Guest
USB	USB	USB	USB
Induction	Induction	Induction	Induction
Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt	Lengthwise-groove belt
1:8	1:8	1:8	1:8
10 kg	10 kg	10 kg	18 kg
independent of rpm	independent of rpm	independent of rpm	independent of rpm / rpm-controlled (selectable)
25 - 400 Watt (in 5-Watt-Steps)	25 - 400 Watt (in 5-Watt-Steps)	25 - 400 Watt (in 5-Watt-Steps)	25 - 600 Watt (in 5-Watt-Steps) / dependent on rpm bis 1.000 Watt
•	•	•	•
DIN EN 957-1/5, class HA	DIN EN 957-1/5, class HA	DIN EN 957-1/5, class HA	DIN EN 957-1/5, class HA
115 / 53 / 130	115 / 53 / 133	150 / 61 / 105	131 / 53 / 126
73 - 100	73 - 100	70 - 97	79 - 98
150 kg	150 kg	150 kg	130 kg
•	•	•	•
•	•	•	•
Gel saddle	Gel saddle	•	Gel saddle
Adjustable in angle	Height-adjustable multi-position handlebars	Grip bar	Multi-position handlebars adjustable in height and distance
•	•	•	
•	•	•	Combi-click pedals
•	•	•	•
light grey / black / red	light grey / black / red	light grey / black / red	light grey / black / red

The New Well-being Feeling with Crosstraining.

KETTLER crosstrainers catch the eye with their innovative design and technology. EXTENDED MOTION is the method preferred for a particularly long, flat step. Inclinable cockpits make it easy to read the workout-relevant data.

The inclination of the SATURA cockpits can be ideally adjusted to body size and lighting conditions with the result that all the exercising-relevant data can be read on the display.

Features with SATURA P / P EXT and SATURA E / E EXT practical, closing compartment, for instance, for your MP3 player, spectacles etc.

EXTENDED MOTION is the trail-blazing crosstrainer technique for a particularly long, flat step. In this way, EXT technique crosstraining is a special well-being form of workout.

RIVO M

07647-000

The way to start the KETTLER Crosstrainer world.
The new RIVO M features a speed-governed magnetic braking system with 8 levels of resistance, a 12 kg balance mass, hand pulse sensors integrated into the hand grips, adjustable pedal surfaces and an easy-to-operate training computer with a 6-function permanent display.

NEW

Training computer:		Technical data:	
	• LCD-Display	Flywheel mass: approx. 12 kg	• Magnetic brake system
	• Continuous display of 6 Functions and	Transmission ratio: 1:11	• TÜV GS
	display change	Adjustable treads	• DIN EN 957-1/9, class HB
	• Alarm when exeeding pulse limit	Maximum load: 110 kg	
	• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 132/68/163	
	• Manual strain control	Colour: light grey / black	

RIVO P

07648-000

The computer-controlled variant of the RIVO M.
The "benefits" of this crosstrainer are its motor-controlled magnetic braking system with 16 levels rof resistance, 9 kg flywheel mass, adjustable pedal surfaces, self-aligning ball bearings and the blue backlit training computer with 12 programmes and a 4-person memory. Your pulse is taken by the hand pulse sensors integrated in the handlebars or via ear clip. Come and also experience the "benefits" of the new KETTLER Advantage Line!

NEW

Training computer:		Technical data:	
	• Back-lit LCD-Display	Flywheel mass: approx. 14 kg	• Magnetic brake system
	• 12 Programs	Transmission ratio: 1:11	• TÜV GS
	• 1 Pulse-controlled program	Adjustable treads	• DIN EN 957-1/9, class HB
	• Continuous display of 7 Functions	Maximum load: 130 kg	
	• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 150/68/169	
	• 4-User memory	Colour: light grey / black	

VITO XS

Made in Germany

07861-400

The Crosstrainer VITO XS is the compact beginner's model in our range of cross-country exercising units. The Jumbo LCD display in the computer keeps you informed of your main exercising data. The space-saving design with hinges mounted on double rows of ball bearings guarantees highest exercising quality.

All turning joints mounted on double ball earings

Training computer:		Technical data:	
	• Jumbo-LCD	Flywheel mass: approx. 14 kg	• Magnetic brake system
	• Continuous display of 5 Functions	Transmission ratio: 1:11	• TÜV GS
	• Target settings	Adjustable treads	• DIN EN 957-1/9, class HB
	• Recovery-pulse measurement with fitness mark	Maximum load: 130 kg	
	• Manual strain control	Size when set up (L/W/H in cm): 136/53/154	
		Colour: black / silver	

VITO XLS

Made in Germany

07861-850

The Crosstrainer VITO XLS is fitted with an easily operated training computer with a Jumbo LCD display, pulse-rate monitoring, various parameters which can be set in advance and display of a final fitness mark. The improved drive and bearing technology (the rear flywheel joints are mounted on high-quality self-aligning ball bearings) with 18 kg of flywheel mass ensures an even elliptical sequence of movements. The sturdy frame is designed for a maximum load of 150 kg.

High-quality pendulum ball bearings for smooth motion.

The castors make it easy to move when not in use.

Training computer:	Technical data:	
• Jumbo-LCD	Flywheel mass: approx. 18 kg	• Magnetic brake system
• Continuous display of 6 Functions	Transmission ratio: 1:11	• TÜV GS
• Target-zone training	Adjustable treads	• DIN EN 957-1/9, class HB
• Target settings	Maximum load: 150 kg	
• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 150/53/156	
• Manual strain control	Colour: light grey / anthracite	

SATURA M

Made in Germany

07651-300

The SATURA M is the entry model of the SATURA crosstrainer range. The new eccentric motion technology allows quick and easy adjustment of the treads without tools for users of different heights. The magnetic brake system is conveniently operated manually via the tension knob on the control panel. The angle of the control panel can be adjusted for users of different heights. The brightness of the display in the attractively designed computer can also be varied to allow data to be read under different lighting conditions. The control panel area also has space for drinking bottle and towel.

The angle of the control panel is adjustable to the user's height.

The eccentric-motion technology allows adjustment of the tread surface for persons of different heights without using tools.

Low distance between tread plates for a more comfortable exercising position.

PLUS X AWARD®
achieved for:
High Quality
Design

Training computer:

- Round-LCD
- Continuous display of 8 Functions
- Target-zone training
- Target settings
- Recovery-pulse measurement with fitness mark
- Manual strain control

Technical data:

Flywheel mass: approx. 20 kg	• Magnetic brake system
Transmission ratio: 1:11	• PLUS X AWARD
Treads adjustable with eccentric motion technology	• TÜV GS
Maximum load: 150 kg	• DIN EN 957-1/9, class HB
Size when set up (L/W/H in cm): 162/56/156	
Colour: light grey / black / silver	

SATURA M EXT

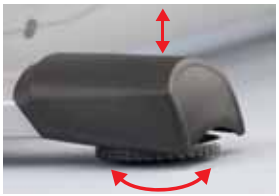
Made in Germany

07651-800

The SATURA M EXT has all the features of the new range of cross-country trainers with a bit of added luxury. The pioneering EXTENDED MOTION Technology permits a long, low step. The magnetic brake system is conveniently operated manually via the tension knob on the control panel. The angle of the control panel can be adjusted for users of different heights. The brightness of the display in the attractively designed computer can also be varied to allow data to be read under different lighting conditions. The control panel area also has space for drinking bottle and towel.

The EXT-Technology promotes a favourable long low step.

Bottle holder to keep your drink within reach



Height adjuster compensates for slight unevenness in the floor

PLUS X AWARD®
achieved for:
High Quality
Design

Training computer:	Technical data:	
• Round-LCD	Flywheel mass: approx. 20 kg	• Magnetic brake system
• Continuous display of 8 Functions	Transmission ratio: 1:11	• PLUS X AWARD
• Target-zone training	EXTENDED MOTION technology	• TÜV GS
• Target settings	Maximum load: 150 kg	• DIN EN 957-1/9, class HB
• Recovery-pulse measurement with fitness mark	Size when set up (L/W/H in cm): 162/56/161	
• Manual strain control	Colour: light grey / black / silver	

SATURA P

Made in Germany

07653-300

The crosstrainer with a motorised magnetic-brake system of the SATURA crosstrainer range. The new eccentric motion technology allows quick and easy adjustment of the treads without tools for users of different heights. The motorised magnetic-brake system has 8 different programs for adjusting the brake resistance to the user's pulse-rate profile. The angle of the control panel can be adjusted to user height and differing light conditions so that all the main data can be read perfectly in the twin display

Bottle holder to keep your drink within reach

Practical storage pocket, e.g. for glasses, MP3 player etc.

The castors make it easy to move when not in use.

PLUS X AWARD
achieved for:
High Quality Design

Training computer:		Technical data:	
	• Double-LCD	Flywheel mass: approx. 20 kg	• Magnetic brake system
	• 8 Programs	Transmission ratio: 1:11	• PLUS X AWARD
	• Strain graph	Treads adjustable with eccentric motion technology	• TÜV GS
	• Setting of pulse range for fat burning and fitness zone	Maximum load: 150 kg	• DIN EN 957-1/9, class HB
		Size when set up (L/W/H in cm): 162/56/156	
	• Recovery-pulse measurement with fitness mark	Colour: light grey / black / silver	

SATURA P EXT

Made in Germany

07653-800

The SATURA P EXT has all the characteristics of the new crosstrainer series with the added benefit of programmed control. The pioneering EXTENDED MOTION Technology permits a long low step. The motorised magnetic-brake system has 8 different programs for adjusting the brake resistance to the user's pulse-rate profile. The angle of the control panel can be adjusted to user height and differing light conditions so that all the main data can be read perfectly in the twin display with "HeartRateLight" function. The display with the blue background switches to green as soon as the exercising pulse rate is reached. If it is exceeded, the display switches to red.

The angle of the control panel is adjustable to the user's height

Low distance between tread plates for a more comfortable exercising position

The EXT-Technology promotes a favourable long low step.

Height adjuster compensates for slight unevenness in the floor

PLUS X AWARD®
achieved for:
High Quality
Design

Training computer:		Technical data:	
	• Double LCD with colour warnings	Flywheel mass: approx. 20 kg	• Magnetic brake system
	• 8 Programs	Transmission ratio: 1:11	• PLUS X AWARD
	• Strain graph	EXTENDED MOTION technology	• TÜV GS
	• Setting of pulse range for fat burning and fitness zone	Maximum load: 150 kg	• DIN EN 957-1/9, class HB
		Size when set up (L/W/H in cm): 162/56/161	
	• Recovery-pulse measurement with fitness mark	Colour: light grey / black / silver	

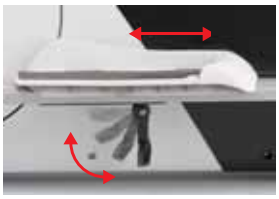
SATURA E

Made in Germany

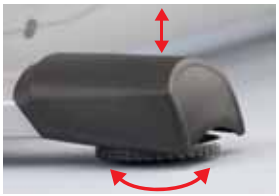
07657-300

In addition to all the advantages of the new Crosstrainer series, the high-precision ergometer SATURA E also features "e-sys" technology. The induction brake system regulates the brake resistance between 25 and 400 W with reference to speed as specified by its eight programs and its pulse-controlled profile system. The new eccentric-motion technology makes it possible to adjust the treads for users of different heights without the necessity of extra tools. The angle of the control panel can also be adjusted to user height and varying light conditions so that all the main exercising data can be read perfectly in the back-lit display and exported via the USB interface and the program KETTLER WORLD TOURS 1.0 The control panel area also has space for drinking bottle and towel for use during the workout.

Practical storage pocket,
e.g. for glasses, MP3 player etc.



The eccentric-motion technology allows adjustment of the tread surface for persons of different heights without using tools.



Height adjuster compensates for slight unevenness in the floor

PLUS X AWARD®
achieved for:
High Quality
Design
Ease of Use

Training computer:		Technical data:	
	• Back-lit LCD-Display	Flywheel mass: approx. 22 kg	• Induction brake system
	• 8 Programs	Transmission ratio: 1:11	• USB interface
	• 1 Pulse-controlled program	Treads adjustable with eccentric motion technology	• PLUS X AWARD
	• Strain graph	Maximum load: 150 kg	• TÜV GS
	• Setting of pulse range for fat burning and fitness zone	Size when set up (L/W/H in cm): 162/56/156	• e-SYS
		Colour: light grey / black / silver	• DIN EN 957-1/9, class HA

SATURA E EXT

Made in Germany

07657-800

The SATURA E EXT has all the features of the new Crosstrainer series, and is a high-precision ergometer of the luxury class with "e-sys" technology. The pioneering EXTENDED MOTION Technology permits a beneficial long low step. The induction brake system regulates the brake resistance between 25 and 400 W with reference to speed as specified by its 48 programs including a pulse-controlled profile system. The angle of the control panel can also be adjusted to user height as well as varying light conditions to allow all the main exercising data to be read easily in the blue backlit 1/4-VGA display, or exported for processing via the USB interface and the program KETTLER WORLD TOURS 1.0. During the workout, the bottle and towel are within easy reach at the control panel, so the KETTLER SATURA ensures undisturbed concentration on your daily Crosstrainer exercising session.

The angle of the control panel is adjustable to the user's height

Low distance between tread plates for a more comfortable exercising position

Fully electronic induction-brake system: high tech for accurate performance control.

Bottle holder to keep your drink within reach

PLUS X AWARD®
achieved for:
High Quality
Design
Ease of Use

Training computer:		Technical data:	
	• Back-lit VGA-/LCD-combined	Flywheel mass: approx. 22 kg	• Induction brake system
	• 48 Programs	Transmission ratio: 1:11	• USB interface
	• 5 Pulse-controlled programs	EXTENDED MOTION technology	• PLUS X AWARD
	• Strain profile	Maximum load: 150 kg	• TÜV GS
	• User guide	Size when set up (L/W/H in cm): 162/56/161	• e-SYS
	• 4-User memory	Colour: light grey / black / silver	• DIN EN 957-1/9, class HA

ALL THE MODELS AT A GLANCE

ADVANTAGE

		RIVO M 07647-000	RIVO P 07648-000	VITO XS 07861-400	VITO XLS 07861-850
TRAINING COMPUTER	Measurement of time, distance covered per session, total distance covered, speed, stride speed	•	•	•	•
	Performance in Watts				
	Energy consumption	•	•	•	•
	Pulse-rate measurement	Hand sensors	Hand sensors, Ear clip incl. CARDIO-PULSE-SET optional	Hand sensors, Ear clip incl. CARDIO-PULSE-SET optional	Hand sensors, Ear clip incl. CARDIO-PULSE-SET optional
	POLAR-compatible pulse receiver (5 kHz) integrated				
	Upper pulse-rate limit	Visual alarm	Visual alarm	Visual alarm	Percentage display, visual and audible alarm
	Average values at end of training session				•
	Recovery-pulse measurement with fitness mark	•	•	•	•
	Target settings	•	•	•	•
	Display	LCD	LCD, blue back-lit	Jumbo-LCD	Jumbo-LCD
	Graphic display		Strain profile		
	Continuous display of	6 functions	7 functions	5 functions	6 functions
	User memory		4		
	No. of training programs		12		
	Target-zone training (FAT/FIT/MANUAL)		•		•
	Pulse-rate controlled programs		1		
	Freely adaptable performance programs		4		
	Individual performance programs				
	Individual pulse-controlled program				
	Manual strain control	•	•	•	•
	Sweat resistant keypad	•	•		•
	Computer interface				
TECHNICAL DATA	Brake system	Magnetic	Magnetic (motorised)	Magnetic	Magnetic
	Drive system	Drive disk / Lengthwise-groove belt	Drive disk / Lengthwise-groove belt	Drive disk / Lengthwise-groove belt	Drive disk / Lengthwise-groove belt
	Transmission ratio	1 : 11	1 : 11	1 : 11	1 : 11
	Flywheel mass	12 kg	14 kg	14 kg	18 kg
	Performance control	dependent on rpm	dependent on rpm	dependent on rpm	dependent on rpm
	Performance range	1 - 8 (manual)	1 - 16 (computer controlled)	1 - 10 (manual)	1 - 10 (manual)
	Power supply	Batteries	Power connection (230 Volt)	Batteries	Batteries
	DIN EN- class	DIN EN 957-1/9, class HB	DIN EN 957-1/9, class HB	DIN EN 957-1/9, class HB	DIN EN 957-1/9, class HB
	Size when set up l/w/h in cm (approx.)	132 / 68 / 163	150 / 68 / 169	136 / 53 / 154	150 / 53 / 156
	Tread clearance / stride length / ellipse height in mm	360 / 300 / 180	360 / 380 / 240	280 / 390 / 170	280 / 390 / 200
	Max. load	110 kg	130 kg	130 kg	150 kg
FEATURES	Bearings on turning joint	Pendulum ball-bearing in disk joints, double ball-bearing	Pendulum ball-bearing in disk joints, double ball-bearing	Double ball-bearing	Pendulum ball-bearing in disk joints, double ball-bearing
	Treads	Adjustable	Adjustable	Adjustable	Adjustable
	Additional holder or handle	•	•	•	•
	Water bottle holder				
	Storage compartment				
	Castors / height adjustment	•	•	•	•
	Colour	light grey / black	light grey / black	black / silver	white / anthracite

HKS-SELECTION

SATURA M 07651-300	SATURA M EXT 07651-800	SATURA P 07653-300	SATURA P EXT 07653-800	SATURA E 07657-300	SATURA E EXT 07657-800
•		•		•	
				•	
• (depent on brake setting)		• (depent on brake setting)		• (in exact Watts)	
Hand sensors, Ear clip incl. CARDIO-PULSE-SET optional		Hand sensors, Ear clip incl. CARDIO-PULSE-SET optional		Hand sensors und Ear clip incl. CARDIO-PULSE-SET (bei SATURA E EXT inkl.)	
				•	
Percentage display, visual and audible alarm		Percentage display, visual and audible alarm		Percentage display, visual and audible alarm	
•		•		•	
•		•		•	
•		•		•	
Round-LCD		Double-LCD I Colour double-LCD		LCD, back-lit I VGA-LCD-combined	
Treading speed		Strain profile I + HeartRateLight		Strain profile	
8 functions		8 functions		9 functions I 13 functions	
				– I 4 + Guest	
		8		8 I 48	
•		•		•	
		1		1 I 5	
		6		6 I 10	
				– I 20	
				– I 12	
•		•		•	
•		•		•	
				USB	
Magnetic		Magnetic (motorised)		Induction	
Drive disk/ Lengthwise-groove belt		Drive disk / Lengthwise-groove belt		Drive disk / Lengthwise-groove belt	
1 : 11		1 : 11		1 : 11	
20 kg		20 kg		22 kg	
dependent on rpm		dependent on rpm		independent of rpm	
1 - 10 (manual)		1 - 15 (computer controlled)		25 - 400 Watt (in 5-Watt-Steps)	
Batteries		Power connection (230 Volt)		Power connection (230 Volt)	
DIN EN 957-1/9, class HB		DIN EN 957-1/9, class HB		DIN EN 957-1/9, class HA	
162/56/156 I 162/56/161		162 / 56 / 156 I 162 / 56 / 161		162 / 56 / 156 I 162 / 56 / 161	
280 / 390 / 200 I 280 / 480 / 140		280 / 390 / 200 I 280 / 480 / 140		280 / 390 / 200 I 280 / 480 / 140	
150 kg		150 kg		150 kg	
Pendulum ball-bearing in disk joints, double ball-bearing		Pendulum ball-bearing in disk joints, double ball-bearing		Pendulum ball-bearing in disk joints, double ball-bearing	
eccentric-motion tech. I EXT tech.		eccentric-motion tech. I EXT tech.		eccentric-motion tech. I EXT tech.	
•		•		•	
•		•		•	
		•		•	
•		•		•	
light grey / black / silver		light grey / black / silver		light grey / black / silver	

Running the marathon in your living room.

KETTLER tread mills have that TÜV-GS tested badge of safety and particularly flat running decks.

Stored vertically to save space, 42,195 kms thus fit into any home.

The training computer is at the heart of the running belt - controlling, indicating and motivating as it operates. Precision speed display, programme variety, easy operation and easily read displays represent our sports scientists' requirements turned into reality in the form of your personal marathon exerciser.

The EASY ROLLER system makes sure they can be dependably rolled into place to save on space when not in use.

Generously sized and well-positioned running surface for that safe running feeling.

MARATHON ST

07884-500

The MARATHON ST offers outstanding performance with a compact design. Buttons integrated in the hand rail quickly and easily adjust the speed and slope of the shock-absorbing running board. The training computer with its six different programs including pulse-controlled training and the motor-powered slope adjustment from 1-12% ensure a high degree of variety in your training sessions.

Space saving folding design

Adjustment of slope
from 0 to 12%

Adjustment of speed and slope
with direct choice buttons

Training computer:		Technical data:	
	• Back-lit LCD-Display	Speed: 1-16 km/h	• SHOCK ABSORBER running board
	• 4 Programs	Adjustment of slope: 0-12 %	• EASY ROLLER-System
	• HRC-Program	Maximum load: 120 kg	• TÜV GS
	• 2 slope profiles	Running surface L/W in cm: 132/48	• DIN EN 957-1/6, class HB
	• 2 speed profiles	Size when set up (L/W/H in cm): 190/79/134	
	• 1 pulse-controlled HRC profile	Colour: light grey / black	

MARATHON TX1

07882-500

The treadmill MARATHON TX 1 is distinctive for its generously sized, low-positioned running surface which gives the safest feeling during running. The powerful 2.0 h.p. motor, the precise SRS motor-control system and the high-quality training computer with 5 programs allow serious runners (with body weights of up to 140 kg) to reach their destination. And after your workout, the running belt can be folded up to save space and wheeled away with its unique EASY ROLLER system.

Space saving folding design

Adjustment of slope
from 0 to 12%

EASY ROLLER system for fast
and easy movement

Training computer:		Technical data:	
	• LED-Display	Speed: 1-16 km/h	• SHOCK ABSORBER running board
	• 4 Programs	Adjustment of slope: 0-12 %	• EASY ROLLER-System
	• HRC-Program	Maximum load: 140 kg	• TÜV GS
	• Measurement of recovery pulse	Running surface L/W in cm: 140/51	• DIN EN 957-1/6, class HB
	• Target settings	Size when set up (L/W/H in cm): 196/88,5/134	
	• Quick start	Colour: light grey / black	

MARATHON TX3

07883-500

The treadmill MARATHON TX 3 is distinctive for its generously sized, low-positioned running surface which gives the safest feeling during running. The powerful 2.5 h.p. motor in the MARATHON TX 3, the precise SRS motor-control system and the high-quality training computer with 8 programs allow serious runners (with body weights of up to 150 kg) to reach their destination. The DIRECT SPEED and DIRECT INCLINE selector buttons give fast and easy control of speed and slope. And after your workout, the running belt can be folded up to save space and wheeled away with its unique EASY ROLLER system.

Space saving folding design

Adjustment of slope
from 0 to 12%

EASY ROLLER system for fast
and easy movement

Training computer:		Technical data:	
	• LED-Display	Speed: 0,8-18 km/h	• SHOCK ABSORBER
	• 6 Programs	Adjustment of slope: 0-12 %	• SHOCK ABSORBER running board
	• 2 HRC-Programs	Maximum load: 150 kg	• TÜV GS
	• Measurement of recovery pulse	Running surface L/W in cm: 140/51	• DIN EN 957-1/6, class HB
	• Target settings	Size when set up (L/W/H in cm): 196/88,5/134	
	• 400m-lap display	Colour: light grey / black	

MARATHON TX5

07886-000

The new KETTLER prestige model of the MARATHON line. The 150 cm running surface features a particularly gentle-on-the-joints belt for that high level of workout comfort. The 3D black matrix display type computer, USB interface, 4-person memory and the EASY ROLLER system turn the TX5 into a premium class treadmill. With the new training software KETTLER WORLD TOURS 1.0, you can now run each Marathon course at home. New York, Munich or Tokyo – you are permitted to take part anywhere. Experience one of the most innovative of marathons day after day!

Space saving folding design

Extra-large running surface with belt which is easy on the joints

New patented magnetic shock-absorbing system

NEW

Training computer:		Technical data:	
	• 3 D-Black-Matrix	Speed: 1-20 km/h	• USB interface
	• 10 Programs	Adjustment of slope: 0-12 %	• Magnetic shock-absorbing system
	• 8 HRC-Programs	Maximum load: 150 kg	• EASY ROLLER-System
	• Strain profile	Running surface L/W in cm: 150/51	• TÜV GS
	• Target settings	Size when set up (L/W/H in cm): 200/87/145	• DIN EN 957-1/6, class HB
	• 4 User guide	Colour: light grey / black	

ALL THE MODELS AT A GLANCE

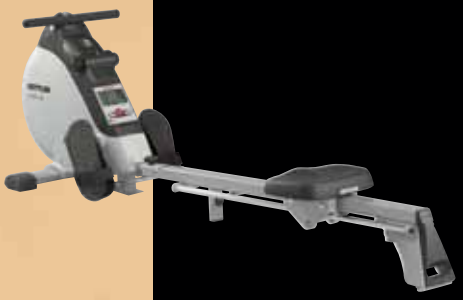
		MARATHON ST 07884-500
TRAINING COMPUTER	Total km covered	
	Measurement of time, distance covered per session, speed, energy consumption	•
	Pulse-rate measurement	Hand sensors incl. / chest belt optional
	Integrated POLAR-compatible receiver (5 kHz)	•
	Recovery-pulse measurement with fitness mark	•
	Slope	•
	Target settings	Training time, calorie consumption
	User memory	
	Display / Strain graph	Blue back lit LCD
	Display of	6 functions (automatic display change selectable)
	Freely definable programs (incl. variations)	4
	Pulse-controlled program	1
	Combined programs (incline and speed)	
	Incline-controlled variations	2
	Speed-controlled variations	2
	Cool-down / Warm-up functions	
	Manual control (count-up / count down)	•
	Speed selection	3 x Direct Speed
	Incline selection	3 x Direct Incline
	Sweat resistant keypad	•
	Computer interface	
TECHNICAL DATA	Electric motor: max. continuous power (kW / HP) max. peak power (kW / HP))	1,3 / 1,8 2,2 / 3,0
	SRS motor control (indep. of weight, electronically controlled)	•
	Speed min. / max. (in km/h)	1 - 16 (0,1 km/h - steps)
	Setting of incline (in %)	0 - 12, motor-powered
	Power connection	230 V / 50 Hz
	DIN-EN class	DIN EN 957-1/6, class HB
	Size of running surface (length x width in cm)	132/ 48
	Size when set up (length x width x height in cm)	190 / 79 / 134
	Size when folded for storage (length x width x height in cm)	79 / 79 / 175
	Distance between floor and running surface (in cm)	15
	Maximum load	120 kg
FEATURES	Belt-stop safety key	•
	Chest belt for wireless pulse-rate monitoring	Extra accessory
	Shock-absorbing system	SHOCK ABSORBER
	Castors	EASY ROLLER-System
	Height adjuster	•
	Colour	light grey / black

HKS-SELECTION

MARATHON TX1 07882-500	MARATHON TX3 07883-500	MARATHON TX5 07886-000
		•
•	•	•
Hand sensors incl. / chest belt optional	Hand sensors incl. / chest belt	Hand sensors incl. / chest belt
•	•	•
•	•	•
•	•	•
•	•	•
		4
LED	LED	3 D-Black-Matrix
6 functions (automatic display change selectable)	7 functions (automatic display change selectable)	7 Functions
4	6	10
1	2	8
		4
2	3	10
2	3	6
Cool-down		Cool-down
•	•	•
•	3 x Direct Speed	3 x Direct Speed
•	3 x Direct Incline	3 x Direct Incline
•	•	
		USB
1,5 / 2,0 3,7 / 5,0	1,8 / 2,5 4,6 / 6,3	2,2 / 3,0 5,5 / 7,5
•	•	•
1 - 16 (0,1 km/h - steps)	0,8 - 18 (0,1 km/h - steps)	1 - 20 (0,1 km/h - steps)
0 - 12, motor-powered	0 - 12, motor-powered	0 - 12, motor-powered
230 V / 50 Hz	230 V / 50 Hz	230 V / 50 Hz
DIN EN 957-1/6, class HB	DIN EN 957-1/6, class HB	DIN EN 957-1/6, class HB
140 / 51	140 / 51	150 / 51
196 / 88,5 / 134	196 / 88,5 / 134	200 / 87 / 145
89 / 88,5 / 190	89 / 88,5 / 190	89 / 87 / 192
14,5	14,5	18,0
140 kg	150 kg	150 kg
•	•	•
Extra accessory	Extra accessory	Extra accessory
SHOCK ABSORBER	SHOCK ABSORBER	Magnetic shock-absorbing system
EASY ROLLER-System	EASY ROLLER-System	EASY ROLLER-System
•	•	•
light grey / black	light grey / black	light grey / black

Rowing – The workout for the entire body without wind or choppy waves.

Stroke for stroke as in the 8-man rower up to the optimum workout load. Powerful centre pull technology for the central force vector. Ball bearing guide rail for an optimum run of the roller seat. Best-possible ergonomics and a perfect technology round off these true cardio experts.



CAMBRIDGE M

07985-994

KETTLER also has a model from the Advantage Line for the rowing machines. This rowing machine with its speed-governed magnetic braking system including 4 kg balance mass and centre-pull technology is of real interest even to those with little room at home. The large LCD display equipped training computer can be optimally read for an effective cardio workout during training. Come and also experience the "benefits" of the new KETTLER Advantage Line!

Quick folding system to save space

Adjustment of resistance in 8 steps

NEW

Training computer:		Technical data:	
	• LCD-Display	Flywheel mass: approx. 4 kg	• Magnetic brake system
	• Continuous display of 5 Functions	Drive system: Rope pull	• TÜV GS
	• Energy consumption	Maximum load: 130 kg	• DIN EN 957, class HB
	• Stroke frequency	Distance foot rest to seat (min./max.	
	• Pulse-/Recovery-pulse measurement with fitness mark	in cm): 34-104	
	• Target settings	Size when set up (L/W/H in cm): 210/56/90	Colour: light grey / black

FAVORIT

Made in Germany

07978-900

The FAVORIT rowing machine is a real all-rounder for exercising the entire body. The aluminium running rail and the ergonomic roller seat mounted on high-quality bearings guarantee smooth and silent training sessions.

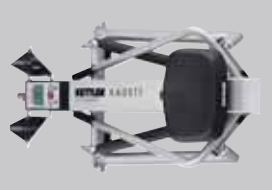
Training computer:		Technical data:	
	• LCD-Display	Drive system: Rowing arms	• TÜV GS
	• Continuous display of 5 Functions	Strain control: continuous	• DIN EN 957, class HB
	• Energy consumption • Stroke frequency	Maximum load: 130 kg	
	• Count-up / Count-down Funktion	Distance foot rest to seat (min./max.	
	• Pulse-/Recovery-pulse measurement with fitness mark	in cm): 25-94	
	• Target settings	Size when set up (L/W/H in cm): 124/78/26	Colour: silver / black

KADETT

Made in Germany

07977-900

The KADETT rowing machine is fitted with a special outrigger system which generates a circular rowing movement very similar to rowing on water. The resistance can be varied perfectly with the hydraulic cylinders and the foot rests can be adjusted individually to the leg length of the user.



Rowing outrigger folded in to save space

Training computer:		Technical data:	
	• LCD-Display	Drive system: Outrigger system	• TÜV GS
	• Continuous display of 5 functions	Strain control: 12-stages	• DIN EN 957, class HB
	• Energy consumption • Stroke frequency	Maximum load: 130 kg	
	• Count-up / Count-down function	Distance foot rest to seat (min./max.	
	• Pulse-/Recovery-pulse measurement with fitness mark	in cm): 25-94	
	• Target settings	Size when set up (L/W/H in cm): 124/78/26	Colour: silver / black

COACH LS + ERGOCOACH LS

Made in Germany

07985-640 COACH LS / 07985-850 ERGOCOACH LS

The best-known rowing machines from KETTLER now with an upward folding seat rail.
The ERGOCOACH LS rower ergometer is the top model of the rowing machines in the KETTLER range. The linear guide rail system with ball bearing roller seat runs particularly smoothly and allows for easy care of your endurance expert. Information on all the relevant data comes from the well-arranged 12 programme training computer including pulse-controlled workout and watt indicator.
The only difference with the COACH LS rowing machine lies in its manual load adjustment, magnetic braking system and training computer.
Along with the cardio-workout a great number of strength exercises can be carried out on the COACH LS and ERGOCOACH LS. The chest belt included in the scope of delivery for non-wired ECG precision pulse-taking provides for absolute control over the workout pulse at any time.

Rowing

Biceps curl

Sideways arm lift

Additional padded board included

Both rowers have a folding mechanism to save storage space

NEW

COACH LS, Training computer:		COACH LS, Technical data:	
	• LCD-Display	Flywheel mass: approx. 6 kg	
	• Continuous display of 6 functions	Strain control: 1-10, manual	
	• Energy consumption • Stroke frequency	Maximum load: 130 kg	• Magnetic brake system
	• Count-up / Count-down function	Distance foot rest to seat (min./max.	• TÜV GS
	• Pulse-/Recovery-pulse measurement with fitness mark	in cm): 13-105	• DIN EN 957, class HB
	• Target settings	Size when set up (L/W/H in cm): 180/55/59	Colour: light grey / black

ERGOCOACH LS, Training computer:		ERGOCOACH LS, Technical data:	
	• LCD-Display with Strain profile	Flywheel mass: approx. 6 kg	• Induction brake system
	• Continuous display of 8 functions	Strain control: up to 500 Watt	• TÜV GS
	• 12 Training programs, incl. 4 pulse-controlled progr.	Maximum load: 130 kg	• DIN EN 957-1/5, class HA
	• Count-up / Count-down function	Distance foot rest to seat (min./max.	
	• Pulse-/Recovery-pulse measurement with fitness mark	in cm): 13-105	
	• Target settings	Size when set up (L/W/H in cm): 180/55/59	Colour: light grey / black

ALL THE MODELS AT A GLANCE

ADVANTAGE

		CAMBRIDGE M 07985-994	FAVORIT 07978-900
TRAINING COMPUTER	Performance in Watts		
	Measurement of time, sistance covered per session, strokes, energy consumption	•	•
	Stroke frequency		with audible signal as required
	Setting of resistance		
	Pulse measurement	Ear clip and CARDIO-PULSE-SET optional	Ear clip incl. / CARDIO-PULSE-SET optional
	POLAR-compatible pulse receiver integrated (5 kHz)		
	Upper pulse-rate limit	Visual alarm	visual and audible alarm
	Recovery-pulse measurement with fitness mark	•	•
	Average values at end of training session		
	Target settings	•	•
	Display	LCD	LCD
	Graphic display		
	Continuous display of	5 functions, automatic display change (if selected)	5 functions, automatic display change (if selected)
	No. of training programs		
	Target-zone training (FAT/FIT/MANUAL)		
	Freely set profiles		
	Pulse-controlled program		
	Count-up / Count-down-Funktion		•
	Manual control	•	•
	Sweat resistant keypad	•	
TECHNISCHE DATEN	Brake system	Magnetic	Hydraulic cylinder
	Drive system	Rowing arms (folding)	Rowing arms (folding)
	Strain control	Speed-related up to 1-8 with knob	Continuous via lever arm
	Transmission ratio		
	Flywheel mass	4 kg	
	Size when set up (L / W / H)	210 / 56 / 90	124 / 78 / 26
	Distance foot rest to seat (min. / max. in cm)	34 - 104	25 - 94
	Maximum load	130 kg	130 kg
FEATURES	Chest belt	Extra	Extra
	Rowing seat	Ball-bearing mounted	Ball-bearing mounted
	Foot rests	Rotating / foot loops	Rotating / foot loops
	Additional strength and fitness exercises		
	Castors	•	
	Colour	light grey / black	silver / black
	Folding mechanism	•	

HKS-SELECTION

KADETT 07977-900	COACH LS 07985-640	ERGOCOACH LS 07985-850
		Average /maximum
•	•	•
with audible signal as required	with audible signal as required	with audible signal as required
	•	•
Ear clip incl. / CARDIO-PULSE-SET optional	Chest belt incl.	Chest belt incl.
	•	•
visual and audible alarm	Percentage display with visual and audible alarm	Percentage display with visual and audible alarm
•	•	•
	•	•
•	•	•
LCD	LCD	LCD
		Strain profile
5 functions, automatic display change (if selected)	6 functions, automatic display change (if selected)	8 functions, automatic display change (if selected)
		12
	•	•
		6
		4
•	•	•
•	•	•
		•
Hydraulic cylinder	Magnetic	Induction
Outrigger system	Rope pull	Rope pull
12-stages on Hydraulic cylinder	Speed-related up to 1-10 with knob	Speed-related up to 500 Watt
	1:5	1:5
	6 kg	6 kg
150 / 170 / 46 (folded 150 / 50 / 46)	180 / 55 / 59	180 / 55 / 59
27- 88	13 - 105	13 - 105
130 kg	130 kg	130 kg
Extra	Included	Included
Ball-bearing mounted	Ball-bearing mounted	Ball-bearing mounted
drehbar / Fußschlaufen / Distance adjustable	Rotating / foot loops / Distance adjustable	Rotating / foot loops / Additional tread surface
	18 / some with padded board	18 / some with padded board
	•	•
silver / black	light grey / black	light grey / black
	•	•

Those extras for your cardio machine.

As an appropriate complement to the endurance machines, KETTLER provides an indispensable range of accessories from the new WORLD TOURS 1.0 - from additional pulse measurement possibilities to the machine care set.

KETTLER WORLD TOURS 1.0

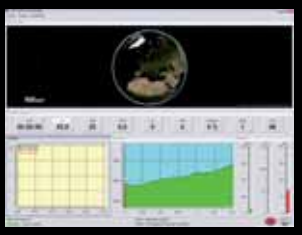
07926-800

The latest workout software package from KETTLER. Ride with your ergometer on real 3D satellite images. You can ride everywhere whether it be in San Francisco or Tokyo!
You can also arrange a race with friends on the new KETTLER Internet portal. This software, of course, includes those well-known benefits of its predecessors, such as the GPS controlled indoor/outdoor function, workout evaluation and monitoring.

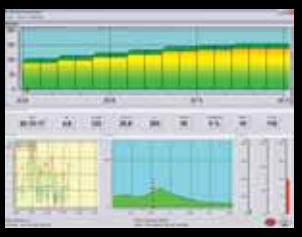
Features
- DVD programme
- Operating unit with cable 9-pole SUB-D
- USB adapter (SUB-D on USB) with driver CD

System requirements
- Pentium IV 1600 MHz (recommended 2800 MHz)
- 1024 MB RAM
- 3D graphics card with OpenGL 1.3 and Microsoft DirectX 9 with at least
- 128 MB RAM (256 MB recommended)
- Graphics card from nVidia as from GeForce 5 or ATI as from Radeon
- DVD drive (double layer)
- Operating systems: Microsoft Windows XP SP 2 and Vista
- Microsoft Internet Explorer 6, Windows Internet Explorer 7, Windows Internet Explorer 8
- Screen resolution: 1024 x 768 minimum resolution
- Required memory on the fixed disk: 7 GB
- Broadband Internet connection upwards of DSL 1000

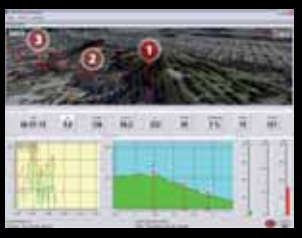
One or two features
- Workout on genuine 3-D satellite images from Microsoft Bing Maps
- Scope for importing GPS data of one's own real workout tours for indoor training
- Race mode via www.kettler-world-tours.de (incl. Internet community)
- Freely programmable workout profiles
- Standardised stage-by-stage tests / fitness tests
- Clear presentation of the stress curves for the entire workout session



Any global online training routes on 3-D satellite maps in Microsoft® bing maps.



Pulse-controlled profiles and editable performance programmes.



Contest via training portal

Interactive 3D full display during the workout.

PLUS X AWARD®
achieved for:
Innovation

CARDIO-PULSE-SET

07937-600

The pulse-rate monitoring system for suitably equipped KETTLER exercising machines is as accurate as an ECG. The data are measured directly in the chest area, transmitted remotely to the computer in the exercsing machine and displayed digitally.
The CARDIO-PULSE-SET consists of a POLAR chest belt and plug-in receiver (art. no. 7937-650, also available separately).

POLAR Plug-In Receiver

07937-650

With the plug-in receiver you can use a Polar chest belt for pulse measurement even if your machine does not have an integrated telemetric receiver. Fits all KETTLER training computers with an ear clip socket.

Cardio Ear clip

07937-700

The ear clip is the ideal accessory for KETTLER stamina-training machines whose computers are fitted with an ear-clip socket.

Floor Mats

07929-100 100 x 75 cm
07929-200 140 x 80 cm
07929-300 250 x 70 cm
07929-400 220 x 110 cm

Rubber mats for protection of floor and damping of noise during use of exercise machines.

Machine-Care Set

07921-000

The Machine-Care Set consists of 4 high-quality care and maintenance products and 2 micro-fibre cloths:

- 1 x 150 ml Glide&Care – for adjusting elements, joints and hinges
- 1 x 150 ml Active Cleaner – for deep cleaning of surfaces
- 1 x 150 ml Hygiene Fresher – for disinfection of contact surfaces
- 1 x 150 ml Top Glide – to maintain smooth motion of KETTLER treadmills
- 1 micro-fibre cloth ‚fine'
- 1 micro-fibre cloth ‚coarse'
- 1 spray extension tube

The fitness studio for the home.

Innovative look, new technology and proven quality – all for effective strength training within one's own four walls.

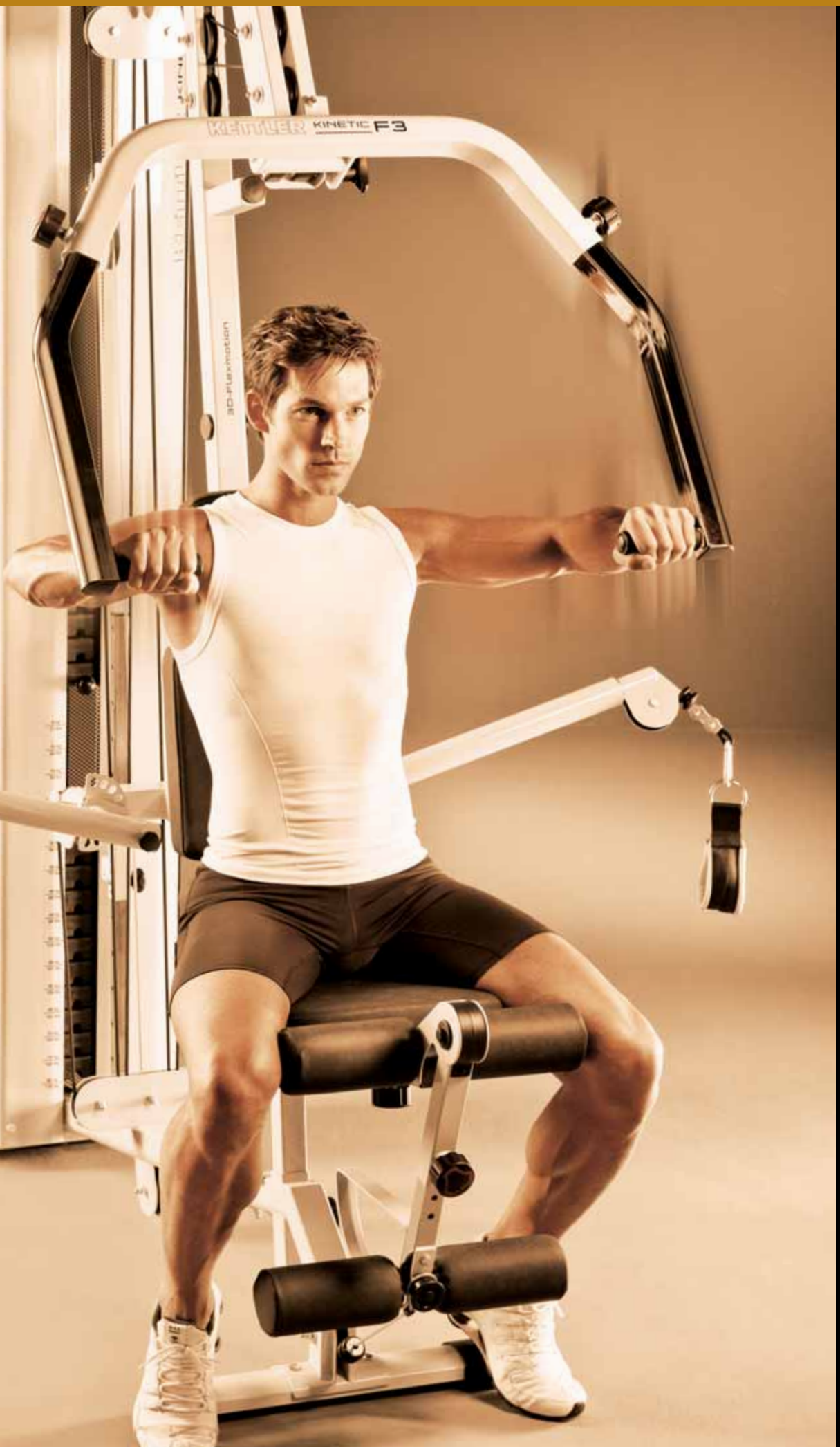
Experience the new generation of KETTLER KINETIC power centres.

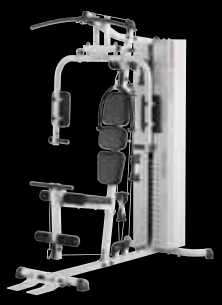
The 180° turning 3D-FLEXMOTION arms with convenient grip slings allow all movement-area workouts.

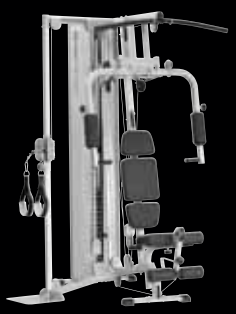
An automatic positioning mechanism ensures rapid changing between butterfly and bench pressing.

Thanks to a height-adjustable double pull, an intensive all-over body workout is more than just a possibility.

The back cushioning adjustment provides a maximum of ergonomics during any workout.


KETTLER KINETIC F3
3D-Fluxmotion





MULTIGYM

07752-600

Although providing a price-conscious introduction to strength training, the power centre can stand up to the best that our competitors have. The compact power station for working out all your muscle groups has a Lattisimus pulldown station, a butterfly exercise station, bench presses and two-arm rowing. A tricep rope pulley provides more training variants for the arm stretchers and ensures intensive workout of those stomach muscles. The height-adjustable seat with 3-section back cushioning sees to optimum adjustment to your body and workout. With the weight block split up into sixteen 5 kg levels, a maximum 80 kg weight is attainable. Experience as well the "benefits" of the new KETTLER Advantage Line!

Leg stretch

Bench press

Bizeps-Curl

Latissimus pull down

Crunches with the rope pulley

NEW

Stations:		Technical Features:	
• Butterfly	• Leg stretch	Butterfly, cammed	• TÜV GS
• Bench press	• Leg bends	Padded seat, adjustable in height	
• Crunches		Weight blocks : 5-80 kg (16x5 kg)	
• Latissimus-rope frame		Maximum weight: 150 kg	
• Lower pulley		Size when set up (L/W/H in cm): 181/109/200	
• Rowing		Colour: light grey / black	

KINETIC F3

Made in Germany

07715-000

The KINETIC F3 power center stands out with its broad exercising range on such a small setup area. Its strengths relate very much to the butterfly, bench presses, rowing, Lattisimus pulldown station, leg curler, crossover and curl exercises. With its exercising in all areas of movement, this special feature of the 3D FLEXMOTION SYSTEM provides for optimum entire body workouts. The height-adjustable seat with 3-sectioned back cushioning ensures optimum adjustment to your body and workout. The 80 kg weight block can be extended to 100 kg.

PLUS X AWARD® achieved for: High Quality

Leg stretch

Bench press

Reverse flies

Crosswise pull

Crunches am Cable tension

NEW

Accessory: **Weight set (20 kg) 07407-680,**
2 x 10 kg for increasing weight block to 100 kg

Stations:		Technische Features:	
• Flies	• Rowing	Foldable seat	• PLUS X AWARD
• Bench press	• Leg stretch	Weight blocks : 5-80 kg (16x5 kg)	• TÜV GS
• Crunches	• Leg bends	Extendable to 100 kg (2x10 kg)	
• Latissimus-rope frame		Maximum weight: 150 kg	
• 3D-Flexmotion-System		Size when set up (L/W/H in cm): 180/106/215	
• Cable tension		Colour: light grey / black	

KINETIC F5

Made in Germany

07716-000

What is striking about the KENTIC F5 is its easy operation and great number of possible exercises. The double rope pull, Latissimus pulldown station and automatically adjusting butterfly and bench press unit ensure balanced strength training for the entire body. The height-adjustable seat with 3-sectioned back cushioning ensures optimum body adjustment. The 80 kg weight block can be extended to 100 kg.

PLUS X AWARD® achieved for: High Quality

Leg stretch

Adductor flexion seated with double cable pulley

Bench press

Reverse flies backwards with double cable pulley

Seated crunches

NEW

Accessory: **Weight set (20 kg) 07407-680,**
2 x 10 kg for increasing weight block to 100 kg

Stations:		Technical Features:	
• Butterfly	• Rowing	Butterfly, cammed	• PLUS X AWARD
• Bench press	• Leg stretch	Weight blocks : 5-80 kg (16x5 kg),	• TÜV GS
• Crunches	• Leg bends	extendable to 100 kg (2x10 kg)	
• Latissimus-Rope frame		Maximum weight: 150 kg	
• Cable tension		Size when set up (L/W/H in cm): 180/136/215	
• Double-cable-pulley		Colour: light grey / black	

KINETIC F7

Made in Germany

07717-000

The Kinetic line prestige model. The scope for exercising is covered, for instance, by the double rope pull, leg press, Latissimus pulldown station, butterfly apparatus and rowers. In addition, the F7 on account of its easy operation and automatic switchover between bench presses and butterfly exercises ensures optimum strength training at all times. The height-adjustable seat with 3-sectioned back cushioning makes sure of optimum adjustment to your body. The 80 kg weight block can be extended to 100 kg.

PLUS X AWARD®
achieved for:
High Quality

Reverse flies backwards with double cable pulley

Leg stretch

Leg press

Bench press

Seated crunches

Accessory: **Weight set (20 kg) 07407-680,**
2 x 10 kg for increasing weight block to 100 kg

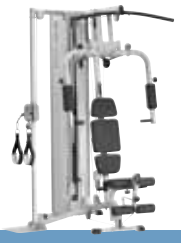
NEW

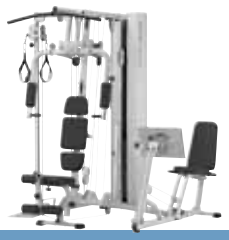
Stations:		Technical Features:	
• Butterfly	• Rowing	Butterfly, cammed	• PLUS X AWARD
• Bench press	• Leg stretch	Weight blocks : 5-80 kg (16 x 5 kg),	• TÜV GS
• Crunches	• Leg bends	extendable to 100 kg (2 x 10 kg)	
• Latissimus-Rope frame	• Leg press	Maximum weight: 150 kg	
• Cable tension		Size when set up (L/W/H in cm): 200/200/215	
• Double-cable-pulley		Colour: light grey / black	

ALL THE MODELS AT A GLANCE

ADVANTAGE

		MULTIGYM 07752-600
STATIONS	Butterfly	•
	Sit down Bench Press	•
	Seated crunches	•
	Latissimus-Rope frame	•
	3D-Flexmotion-System	
	Bottom cable pulley for variable arm / leg exercises	•
	Double-cable-pulley	
	Rowing	•
	Leg stretch	•
	Leg bends	•
	Leg press	
TECHNICAL FEATURES	Weight blocks	5-80 kg (16 x 5 kg)
	Adjustable bench pressing bar	•
	Adjustable butterfly arms	
	Butterfly, cammed	•
	Leg extension, adjustable	
	Leg extension, cammed	
	Padded seat, adjustable in height	•
	Ball-bearing supported pulley guide rollers	•
	Plastic-coated steel ropes / Pulley system with polyester ropes	• / –
	Maximum weight	80 kg
	Maximum user weight	150 kg
	Dimensions, set up (L/W/H)	181 / 109 / 200
	Colour	light grey / black





HKS-SELECTION

KINETIC F3 07715-000	KINETIC F5 07716-000	KINETIC F7 07717-000
•	•	•
•	•	•
•	•	•
•	•	•
•		
•	•	•
	•	•
•	•	•
•	•	•
•	•	•
		•
5-80 kg (16 x 5 kg)	5-80 kg (16 x 5 kg)	5-80 kg (16 x 5 kg)
•	•	•
	•	•
	•	•
•	•	•
•	•	•
•	•	•
•	•	•
• / •	• / •	• / •
80 kg (extendable to 100 kg); 3D-Flexmotion 2 x 40 kg	80 kg (extendable to 100 kg); Double-cable 2 x 40 kg	80 kg (extendable to 100 kg); Double-cable 2 x 40 kg; Leg press 160 kg
150 kg	150 kg	150 kg
180 / 106 / 215	180 / 136 / 215	200 / 200 / 215
light grey / black	light grey / black	light grey / black

Quickly set up and compactly stored away .

The training and dumb bell benches in association with the Men's Health Test winners provide a host of workout possibilities and can be compactly stored away.

Just one of innumerable exercises: inclined bench presses with the CLASSIC.

To specifically train the arms as well as the leg muscles, the leg curler can easily be swapped over for the biceps curl podium.

Thanks to the patented adjustment mechanism, folding up the LINEO, TERGO, TORSO and VARIO benches can be done with just one movement of the hand.

On finishing your workout session, simply stand the bench upright with just one hand action.

PRIMUS

Made in Germany

07403-800

From the space-saving folded position, the PRIMUS can be converted quickly into a compact weight bench for varied strength training. The leg-curl unit can be adjusted individually.

Bench press

Leg stretches

Leg bends

Folded to save space

Accessory:
Bicep curl pad 7465-880,
The ideal addition to the PRIMUS for correct biceps exercising

Weight bar and discs (optional extra)
(see page 88/89)

Stations:	Technical data:	
• Bench press (Bench press (horizontal and inclined)	Maximum weight: Weight rest 120 kg; Leg curl 40 kg	• TÜV GS
• Leg stretch	Maximum weight: 130 kg	
• Leg bends	Dimensions, set up (L/W/H): 203 / 101 / 96-111	
	Dimensions, folded (L/W/H): 75 / 101 / 163	
	Distance of weight rests (overall dim.): 100	
	Colour: silver / black	

CLASSIC

Made in Germany

07702-000

Through the integrated upright frame, the butterfly apparatus and a training bench which is adjustable in angle, the CLASSIC fitness center fulfils all the requirements for a varied strength-training program in the home. The sturdy frame of powder coated 51 x 45 mm thick tubing provides all the stability necessary for intensive exercising.

Butterfly

Latissimus pull down

Bench presses

Folded to save space

Weight bar and discs (optional extra)
(see page 88/89)

Accessory:
Bicep curl pad 7465-090,
The ideal addition to the CLASSIC fitness centre for correct exercising of the biceps.

Men's Health BEST CHOICE

Stations:	Technical data:	
• Butterfly forwards	Maximum weight: Weight rest 120 kg; Rope frame 60 kg, Leg curl 40 kg	• TÜV GS
• Bench press (Bench press (horizontal and inclined)	Maximum weight: 130 kg	
• Latissimus-Rope frame	Dimensions, set up (L/W/H): 250 / 104 / 200	
• Leg stretch	Dimensions, folded (L/W/H): 135 / 104 / 200	
• Leg bends	Distance of weight rests (overall dim.): 100	
	Colour: silver / black	

DELTA

Made in Germany

07707-500

This training bench offers varied professional-standard strength training. Through the special adjustment system (registered model / DEGBM) the horizontal bench can be transformed into a sloping bench in one easy movement. As the angle of the back rest increases, the distance to the weight-bar rest declines, with the result that the sloping bench is always in the perfect position for exercising. The upward-push unit is converted for squating simply by turning the weight-bar rests.

Accessory:
Bicep curl pad 07465-060,
The ideal accessory for correct exercising of the biceps.

Knee bends

Easy adjustment system

Folded to save space

Weight bar and discs (optional extra)
(see page 88/89)

Stations:	Technical data:	
• Bench press (Bench press (horizontal and inclined)	Maximum weight: Weight rest 150 kg; Leg curl 60 kg	• TÜV GS
• Leg stretch	Maximum weight: 150 kg	
• Leg bends	Dimensions, set up (L/W/H): 220/100/106-173	
• Knee bends	Dimensions, folded (L/W/H): 100 / 100 / 195	
	Distance of weight rests (overall dim.): 100	
	Colour: silver / black	

DELTA XL

Made in Germany

07707-700

DELTA XL is the professional-standard fitness centre for the demanding athlete. Exercises such as the upward push from the horizontal or sloping bench, leg curl, forward and backward butterfly, latissimus pulls and many others are possible without complicated adjustment processes. Exercising positions can be precisely set for individual requirements. The vertically and horizontally adjustable butterfly unit based on eccentric technology, ensures the optimum sequence of movements with an even amount of exertion throughout. A biceps curl stand is included.

Butterfly forwards

Leg stretches

Butterfly backwards

Folded to save space

Upward push from sloping bench

Weight bar and discs (optional extra)
(see page 88/89)

Stations:	Technical Data:	
• Butterfly (forwards and backwards)	Maximum weight: Weight rest 150 kg; Rope frame/Butterfly 80 kg, Leg curl 60 kg	• TÜV GS
• Bench press (Bench press (horizontal and inclined)	Maximum weight: 150 kg	
• Latissimus-Rope frame	Dimensions, set up (L/W/H): 230 / 100 / 200	
• Leg stretch	Dimensions, folded (L/W/H): 100 / 100 / 200	
• Leg curl and knee bends	Distance of weight rests (overall dim.): 100	
• Bicep curl pad	Colour: silver / black	

MULTI-FUNCTION BENCH + LONG-BAR REST

Made in Germany

07708-500 Multifunktionsbank / 07708-900 Long-bar rest

The MULTI-FUNCTION BENCH has the stability necessary for safe and strenuous exercising with free weight bars. The powder-coated frame of steel tubing is designed for body weights of up to 150 kg and additional exercising weights of 150 kg. The combination with the long weight-bar rest permits individually varied exercising of all muscles with the safety provided by the stable powder-coated frame of square steel tubing.

Knee bends

Shoulder push

Bicep curl

Upward push from sloping bench

Upward push from downward sloping bench

Weight bar and discs (optional extra)
(see page 88/89)

Technical data MULTI FUNKTION BENCH:		Technical data LONG-BAR REST:	
Maximum load: 300 kg	• TÜV GS	Maximum load: 150 kg	• TÜV GS
Dimensions, set up (L/W/H): 125 x 68 x max. 130		Dimensions, set up (L/W/H): 110 x 105 x max. 170	
Colour: silver / black		Colour: silver / black	

LINEO

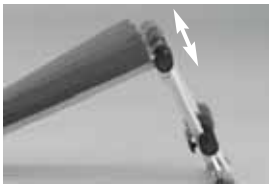
Made in Germany

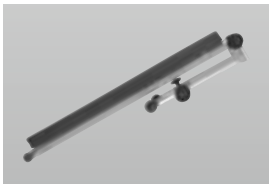
07428-500

For varied exercising of the stomach muscles. The base can be adjusted to different angles to increase or decrease the effort of exercising. The innovative folding mechanism allows the LINEO to be collapsed to save storage space.

Sit-up

Leg-lift, stretched


Adjustable base


Folded up

Technical data:

Maximum load: 130 kg	• TÜV GS
Dimensions, set up (L/W/H): 145 x 50 x 60; Dimensions, folded (L/W/H): 25 x 90 x 130	
Colour: silver / black	

TERGO

Made in Germany

07820-500

For exercising the muscles of the lower back without undue strain on the spine. Exercising the back muscles is particularly beneficial for persons with sedentary jobs. With the innovative folding mechanism the LINEO can be collapsed to save space.

Backward lift

Sideways lift

backward lift with twist

Folded up

Technical data:

Maximum load: 130 kg	• TÜV GS
Dimensions, set up (L/W/H): 107 x 45 x 85; Dimensions, folded (L/W/H): 38 x 45 x 100	
Colour: silver / black	

TORSO

Made in Germany

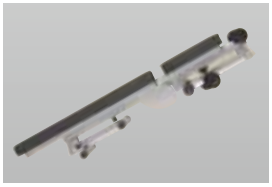
07410-500

For more demanding exercise of the torso muscles with short dumb-bell sets. Many different adjustments of seat, leg and back rests as well as angle are possible. The innovative folding mechanism permits folding for space-saving storage.

Sit-up

Leg stretch

Shoulder press


Folded up

Technical data:

Maximum load: 130 kg	• TÜV GS
Dimensions, set up (L/W/H): 140 x 45 x 120; Dimensions, folded (L/W/H): 18 x 45 x 115	
Colour: silver / black	

VARIO

Made in Germany

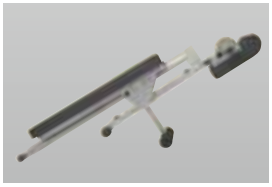
07411-500

For ambitious exercising of the abdominal and back muscles. The hip and back rests can be set easily to a number of different positions for varied exercising in safe and stable positions. The folding mechanism ensures easy and spacesaving storage.

Back trainer

Crunch, twisted

Individual adjustments


Folded up

Technical data:

Maximum load: 130 kg	• TÜV GS
Dimensions, set up (L/W/H): 145 x 60 x 110; Dimensions, folded: (L/W/H): 45 x 60 x 148	
Colour: silver / black	

APOLLO

Made in Germany

07426-600

With its head-down position, the gravity trainer APOLLO takes the strain off the vertebral disks and relaxes the muscles of the back. The well designed TÜV-tested construction is secured to prevent accidental tilting.

Technical data:	
Maximum load: 110 kg	• TÜV GS
Dimensions, set up (L/W/H): 85 x 150 x max. 226; Dimensions, folded: (L/W/H): 85 x 40 x 200	
Colour: silver / black	

ALL THE MODELS AT A GLANCE

		PRIMUS 07403-800
STATIONSN	Butterfly forwards	
	Butterfly backwards	
	Bench press reclining (Bench press (horizontal and inclined)	•
	Latissimus-Rope frame	
	Leg stretch	•
	Leg bends	•
	Knee bends	
	Bicep curl pad	Accessory
TECHNICAL FEATURES	Weight disks	Accessory
	Weight bar	Accessory
	Padded bench adjustable in anlge	•
	Adjustable butterfly arms	
	Butterfly, cammed	
	Leg extension, adjustable	•
	Leg curl, adjustable	•
	Weight rest, adjustable in height	•
	Ball-bearing supported pulley guide rollers	
	Weight bench foldable to save space	•
	Plastic-coated steel ropes	
	Maximum weight	Weight rest 100 kg; Leg curl 40 kg
	Maximum user weight	130 kg
	Dimensions, set up (L/W/H)	203 / 101 / 96-111
	Dimensions, folded (L/W/H)	75 / 101 / 163
	Distance of weight rests (overall dim.)	100
	Colour	silver / black

HKS-SELECTION

CLASSIC 07702-000	DELTA 07707-500	DELTA XL 07707-700
•		•
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•	•	•
	•	•
Accessory	Accessory	•
Accessory	Accessory	Accessory
Accessory	Accessory	Accessory
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Weight rest 120 kg; Rope frame 60 kg Leg curl 60 kg	Weight rest 150 kg; Leg curl 60 kg	Weight rest 150 kg; Rope frame / Butterfly 80 kg; Leg curl 60 kg
130 kg	150 kg	150 kg
250 / 104 / 200	220 / 100 / 106-173	230 / 100 / 200
135 / 104 / 200	100 / 100 / 195	100 / 100 / 200
100	100	100
silver / black	silver / black	silver / black

Weight-bar and disk stand

07499-500
The universal stand has space for everything needed for free weight exercising.
- Maximum weight approx. 500 kg
- Dimensions when set up: L =120 cm, W = 60 cm, H = 90 cm

Weight disks, cast iron

07470-300	0,5 kg	07471-300	1,25 kg
07472-300	2,5 kg	07473-300	5,0 kg
07474-300	10,0 kg	07475-300	15,0 kg
07476-300	20,0 kg		

30.5 mm hole, black.

Weight disks, chrome/ rubber

07440-700	0,5 kg	07441-700	1,25 kg
07442-700	2,5 kg	07443-700	5,0 kg
07444-700	10,0 kg	07445-700	15,0 kg
07446-700	20,0 kg		

30.5 mm hole, chrome plated with rubber lining.

Short weight bar

07250-000
35 cm long, Ø 30 mm, approx. 2.0 kg, high-quality steel with thread, rubber grips, 2 setting rings and star nut.

Curl bar

07496-500
120 cm long, Ø 30 mm, approx. 7.5 kg, high-quality steel with thread, 2 setting rings and star nut.

Long weight bar

07255-000
160 cm long, Ø 30 mm, approx. 9.3 kg, high-quality steel with thread, 2 setting rings and star nut.

Star-grip lock

07493-600
For Ø 30 mm weight bar. (1 pair)

Clip lock

07493-500
For Ø 30 mm weight bar. (1 pair)

Short weight-bar set, cast iron

07484-100
2 weight disks at 2.5 kg; 2 weight disks at 1.25 kg
1 short weight bar with rubber grip and 2 setting rings with star nut (approx. 2 kg)

Short weight-bar set, chrome/rubber

07484-700
2 weight disks of 2.5 kg, 2 weight disks of 1.25 kg,
1 short weight bar with rubber grip and 2 locks with rubber inlay (approx. 2 kg).
Hard case storage box included.

Long and short weight-bar set, cast iron

07495-700
1 x long weight bar, 2 x short weight bar
2 weight disk at 0,5 kg
2 weight disk at 1,25 kg
2 weight disk at 2,5 kg
2 weight disk at 5,0 kg
2 weight disk at 10,0 kg

Chrome dumb-bells

07446-150 2 x 1 kg 07446-250 2 x 2 kg 07446-350 2 x 3 kg
07446-450 2 x 4 kg 07446-550 2 x 5 kg
With high-quality padded grips.

Weightlifter's belt

07260-000
Strong leather with sturdy buckle for secure hold. Length 105 cm, adjustable to 8 lengths.

Training gloves

07261-500 Gr. S 07261-600 Gr. M
07261-700 Gr. L 07261-800 Gr. XL
Made of pliable comfortable neoprene material.

Floor mats

07929-100 100 x 75 cm 07929-200 140 x 80 cm
07929-300 250 x 70 cm 07929-400 220 x 110 cm
Rubber mat to protect floor and absorb noise during use of exercise equipment.